

Fly Like a Bird AB

Count: 32

Wall: 4

Level: Absolute Beginner

Choreographer: Shanthie De Mel (AUS) - July 2024

Music: Fly Like a Bird - Boz Scaggs



Intro: 32 count. Start on vocals. Left Rotation. No Tags or Restarts. Do your own styling.

NOTE. The dance ends at 6:00. To finish facing 12:00, dance counts 31 & 32 of last wall as CROSS UNWIND L over R to face 12:00.

Split floor dance to the Intermediate dance – Fly Like a Bird by Hedy McAdams. USA. 2008.

(1-8) SWAY RIGHT. SWAY LEFT. x2

- 1, 2 Step R to right side with a sway for 2 counts.
- 3, 4 Sway to L in place for 2 counts.
- 5, 6 Sway to R in place for 2 counts.
- 7, 8 Sway to L in place for 2 counts keeping weight on L. (12:00)

(9-16) KICK. STOMP. STOMP. HOLD. x2

- 1, 2 Kick R forward. Stomp on R.
- 3, 4 Stomp L in place. Hold.
- 5, 6 Kick R forward. Stomp on R.
- 7, 8 Stomp L in place. Hold. (12:00)

(17-24) CROSS. POINT. x4

- 1, 2 Cross R over L. Point L to left side.
- 3, 4 Cross L over R. Point R to right side.
- 5, 6 Cross R over L. Point L to left side.
- 7, 8 Cross L over R. Point R to right side. (12:00)

(25-32) FORWARD. HOLD. TURN 1/4 LEFT. HOLD. STEP. DRAG. STEP.

- 1, 2 Step R forward. Hold.
- 3, 4 Turn 1/4 left on L. Hold. (9:00)
- 5, 6 Make a big step to right side for 2 counts.
- 7, 8 Drag L slowly towards R & step on L. (9:00)

Begin Rotation. Smile. Have fun!
