

# Fly Like A Bird

**Count:** 32

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Hedy McAdams (USA)

**Music:** Fly Like a Bird - Boz Scaggs



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## **ROCK LEFT SIDE, BACK, TURN ¼, HOLD, TURN ¼, ROCK, TURN ¼, HOLD**

- 1-4 Rock left to side, recover to right, turn ¼ left and step left forward, hold (9:00)  
5-6 Turn ¼ left and rock right to side, recover to left (6:00)  
7-8 Turn ¼ right and step right forward, hold (9:00)

## **TURN ¼, ROCK, TURN ¼, HOLD**

- 9-10 Turn ¼ right and rock left to side, recover to right (12:00)  
11-12 Turn ¼ left and step left forward, hold (9:00)

## **KICK-BALL-TURN, KICK-BALL-CHANGE**

- 13&14 Kick right forward, step right together, turn ¼ left and step left in place (6:00)  
15&16 Kick right forward, step right in place, step left in place

## **CROSS, TURN, CROSS & CROSS, TURN ¼ SHUFFLE, TURN ¼, TURN ½**

- 17-18 Cross/touch right over left, unwind ½ left (weight to right, 12:00)  
19&20 Cross left over right, step right to side, cross left over right  
21&22 Turn ¼ right and step right forward, step left together, step right forward (3:00)  
23-24 Turn ¼ right and step left to side, turn ½ LEFT and step right FORWARD (12:00)

## **CROSS, TOUCH, CROSS, TURN ½, CROSS & CROSS, BIG STEP, SLIDE/LIFT**

- 25-26 Cross left over right, touch right toe to side  
27-28 Cross/touch right over left, unwind ½ left (weight to right, 6:00)  
29&30 Cross left over right, step right to side, cross left over right  
31-32 Big step right to side, drag left toward right

**Lift left toe slightly to blend into step 1**

**REPEAT**

**Last Update - 17 Jan. 2019**

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