

Bird Set Free

Compte: 32

Mur: 4

Niveau: Intermediate



Chorégraphe: Linda Burgess (AUS) - November 2015

Musique: Bird Set Free - Sia : (Album: This is Acting - 4:13)

Intro: 16 counts (slow beat)

[1-8] □ SIDE, BEHIND, SIDE, CROSS, REPLACE, 1/4 L, WALK, WALK, ROCK/REPLACE, 1 1/2 TRIPLE

1,2&3,4& Big step R dragging L, cross/step L behind R, step R to R, cross/step L over R, rock back R, 1/4 L & step fwd L (9.00)

5,6,7&8&1 Step fwd R, step fwd L, rock/step fwd R, replace weight to L, 1/2 turn R & step fwd R, turn 1/2 R & step back L, 1/2 turn R & step fwd R (3.00)

[9-16] □ STEP, ROCK/REPLACE, TRIPLE 1 1/4, SIDE, ROCK BACK, REPLACE, SIDE, ROCK/BACK, REPLACE

2,3&4& Step fwd L, rock/step fwd R, replace weight to L, turn 1/2 R & step fwd R, turn 1/2 R & step back L

5,6&7,8& turn 1/4 R & take big step to R (& drag L), rock back L, replace weight to R, take a big step to L (& drag R), rock back R, replace weight to L (6.00)

[17-24] □ STEP, FULL TURN, FWD, REPLACE, 1/2 FWD,, 1/4 SIDE, REPLACE, HINGE 1/2 SIDE, HINGE 1/2 SIDE, 1/4, 1/2 □ □ □ □

1,2& Step fwd R, turn 1/2 R & step back L, turn 1/2 R & step R (6.00)

3,4& Rock/step fwd L, replace weight to R, turn 1/2 L & step fwd L (12.00)

5,6& 1/4 turn L & rock/step R to R, replace weight to L (9.00), hinge 1/2 turn R & step R to R (3.00)

7,8& Hinge 1/2 turn R on R & rock/step L to L (9.00), 1/4 L & replace weight to R (6.00), turn 1/2 L & step fwd L (12.00)

[25-32] □ FWD, SIDE, REPLACE, CROSS, 1/4, 1/4, 1/4 ROCK FWD, REPLACE, 1/2 STEP, ROCK/FWD, REPLACE, 1/2 STEP

1,2&3,4& Step fwd R, rock/step L to L, replace weight to R, cross/step L over R, turn 1/4 L & step back R, turn 1/4 L & step L to L (6.00)

5,6&7,8& 1/4 turn L & rock/step fwd R (3.00), replace weight to L, turn 1/2 R & step fwd R (9.00), rock/step fwd L, replace weight to R, turn 1/2 L & step fwd L. (3.00)

Begin again.

Restart: Wall 6 (facing 3.00) Dance counts 1-16 then Restart facing (9.00)

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