

# Fly Like a Bird

**COPPER** **KNOB**  
BY STEPHEN

**Compte:** 32

**Mur:** 4

**Niveau:** Beginner

**Chorégraphe:** Wendy Haggerty (USA) - April 2022

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



## **ROCK R, RECOVER, CROSS, HOLD, ROCK L, RECOVER, CROSS, HOLD**

- 1-2 Rock R to R side, recover L
- 3-4 Cross R over L, hold
- 5-6 Rock L to L side, recover R
- 7-8 Cross L over R, hold

## **STEP R, TAP BEHIND, STEP L, TAP FWD, X2**

- 1-2 Step R to R side, tap L behind R
- 3-4 Step L to L side, tap R in front of L
- 5-6 Step R to R side, tap L behind R
- 7-8 Step L to L side, tap R in front of L

## **GRAPEVINE, GRAPEVINE 1/4 WITH HITCH**

- 1-2 Step R to R side, step L behind R
- 3-4 Step R to R side, touch L beside R
- 5-6 Step L to L side, Step R behind L
- 7-8 Step L ¼ turn to L side, hitch R knee up forward

## **ROCKING CHAIR X2**

- 1-2 Step R forward, recover L
- 3-4 Step R back, recover L
- 5-6 Step R forward, recover L
- 7-8 Step R back, recover L

**Enjoy and spice it up!**

**Contact choreographer:** [Whaggerty2016@gmail.com](mailto:Whaggerty2016@gmail.com)/[www.DancewithWendy.com](http://www.DancewithWendy.com)

**NOTE:** this dance was choreographed in support of people with Parkinson's Disease.

It is appropriate for people with Parkinson's and other neuromuscular challenges but can be danced by anyone.

**Last Update - 19 Jul. 2024 - R1**