

# Bird On A Wing

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Paul Clifton (UK)

Musique: Let Your Love Flow - The Bellamy Brothers



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## **SIDE STEP, ROCK FORWARD, RECOVER & CROSS SIDE ROCK, RECOVER SAILOR ¼ TURN**

- 1-2-3 Step right to right side, rock forward on left, recover weight back onto right  
&4 Step slightly back on left, cross step right over left  
5-6 Rock left to left side, recover weight back onto right.  
7&8 Step left behind right, & step right to right side, turning ¼ turn left, step forward left

## **ROCK RECOVER, SHUFFLE ½ TURN, FULL TURN FORWARD, LEFT LOCK STEP**

- 1-2 Rock forward on right, recover weight back onto left  
3&4 Shuffle ½ turn right stepping right, left, right  
5-6 Make a full turn right traveling forward stepping left, right  
7&8 Step forward on left, & lock right behind left, step forward on left

## **ROCK RECOVER TRIPLE FULL TURN, HEEL SWITCHES ½ TURN RIGHT**

- 1-2 Rock forward on right, recover weight back onto left.  
3&4 Triple full turn right (on the spot) stepping right, left, right  
5&6 Touch left heel forward, & step left next to right, touch right heel forward,  
&7&& Step right next to left, touch left heel forward, & step left next to right  
8& Touch right heel forward, & step right next to left  
**5&6&7&8& should be slowly turning right on the spot completing ½ turn**

## **DOROTHY LEFT & RIGHT STEP LEFT, BEHIND, HEEL JACK & CROSS**

- 1-2& Step left diagonally forward, lock right behind left, & step left diagonally forward  
3-4& Step right diagonally forward, lock left behind right, & step right diagonally forward  
5-6& Step left to left side, cross right behind left, & step slightly back on left  
7&8 Touch right heel diagonally forward, & step back on right, cross step right over left

**REPEAT**

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