

# No Wings

拍数: 48      墙数: 4      级数: Intermediate  
编舞者: Sarah Wilson - December 2015  
音乐: Flightless Bird, American Mouth - Iron & Wine : (Album: Iron and Wine - from  
Twilight Soundtrack)



Start dance on word "Quick"

## Left Twinkle, Cross right over left, Sweep left out and round, Left Twinkle, Weave left

1 2 3      Cross left over right, rock right to right side, recover on to left  
4 5 6      Cross right over left, sweep left from back to front  
1 2 3      Cross left over right, rock right to right side, recover on left  
4 5 6      Cross right over left, step left to left side, cross right behind left

## Step left, Touch right, Step right, Touch left, Step left, Touch right, Step back on right, Touch left

1 2 3      Step left foot to left side, slide right foot to meet left foot  
4 5 6      Step right foot to right side, slide left foot to meet right foot  
1 2 3      Step left to left side, slide right foot to meet left foot  
4 5 6      Step back on right, slide left foot to meet right foot

## Step forward on left, Touch right, Grapevine to right, Diagonal cross rock, Recover

1 2 3      Step forward on left, slide right foot to left foot  
4 5 6      Step right to right side, step left behind right, step right to right side  
1 2 3      Rock on to left facing diagonal (over 3 counts)  
4 5 6      Recover on to right (over 3 counts)

## 1 and ¼ turn left, Sway right, Sway left, Toe unwind full turn right, Sweep left leg from back to front

1 2 3      Step left to left side and make a 1 and ¼ turn over left shoulder

## Alternative option - Grapevine left with quarter turn

4 5 6      Sway right (over 3 counts)  
1 2 3      Sway left (over 3 counts)  
4 5 6      Cross right behind left unwind a full turn sweep left leg from back to front

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