

# And The Bluebird Sings

COPPER KNOB  
STEPPERS

拍数: 32                      墙数: 4                      级数: Beginner  
编舞者: Janet Cummings (USA) - August 2019  
音乐: Bluebird - Miranda Lambert : (Album: Wildcard)



Intro: 16 Counts

## SECTION 1: R CHASSE, L COASTER STEP; R CHASSE, L KICK-BALL-CHANGE

1&2, 3&4            R Side Shuffle (R, L, R), L Step Back, R Step Back, L Step Forward  
5&6, 7&8            R Side Shuffle (R, L, R), L Kick Forward, L Step on Ball of Foot, R Step/Changing Weight

## SECTION 2: L CHASSE, R COASTER STEP, L CHASSE, R KICK-BALL-CHANGE

1&2, 3&4            L Side Shuffle (L, R, L), R Step Back, L Step Back, R Step Forward  
5&6, 7&8            L Side Shuffle, (L, R, L), R Kick Forward, R Step on Ball of Foot, L Step/Changing Weight

## SECTION 3: L CHASE TURN, R TRIPLE TURN; R HEEL, BALL, CHANGE, X2 MOVING EACH SLIGHTLY BACK

1&2                    R Step Forward, Pivot ½ Turn Left, Step L, Step R Forward  
3&4                    Pivot ¼ Turn Right, Step Back on L, Pivot ½ Turn R, Step Back on R, Pivot ¼ Turn Right, L Step Tog.  
5&6                    R Heel Tap Forward, Step on R Ball, L Step Back Slightly Taking Weight  
7&8                    R Heel Tap Forward, Step on R Ball, L Step Back Slightly Taking Weight

**NOTE: If a triple turn is problematic, (Steps 3&4) do a straight shuffle forward (L, R, L)**

## SECTION 4: TURN ¼ LEFT, THEN START TRAVELLING RIGHT: R SIDE, BEHIND, SIDE, BEHIND, SIDE, BEHIND, SIDE, TOUCH; THEN LEFT: SIDE, BEHIND, SIDE, BEHIND, SIDE, BEHIND, SIDE, TOUCH

&1&2&3&4&            On Ball of L Foot, Turn Left ¼, Step R to Side, Step L Behind, Step R To Side, Step L Behind, Step R to Side, Step L Behind R, Step R To Side, Touch L  
5&6&7&8&            Step L To Side, Step R Behind, Step L To Side, Step R Behind, Step L To Side, Step R Behind, Step L To Side, Touch R

Love the easy, flowy beat of this song. Dance to lower your less stress.

Dance for physical and mental health. Lord, keep us moving one step at a time.

Contact: [jcumings246@aol.com](mailto:jcumings246@aol.com)