

Birds

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Maryloo (FR) - November 2019
音乐: Birds - Imagine Dragons



Intro : 16 counts - 1 Restart

BASIC NC R, BASIC NC L, SYNCOPATED ROCKING CHAIR, FULL TURN FWD L, ¼ TURN L, SIDE, SWEEP

- 1-2& Large Step RF to side, step LF behind RF, recover on RF
3-4& Large Step LF to side, step RF behind LF, recover on LF
5&6& Rock RF forward, recover on LF, rock RF back , recover on LF (The Body slightly turned to right side), recover on LF.
7&8 Make ½ turn left stepping RF back, make a ½ turn left stepping LF forward, make a ¼ turn left stepping RF to side (9.00)
& Sweep LF from front to back

BACK, SIDE, CROSS, CROSS, SIDE, BACK, WALK BACK (2X) BEHIND, SIDE, DIAGONAL FWD, TOGETHER

- 1&2 Cross LF behind RF, step RF to side, cross LF over RF sweeping RF from back to front
3&4 Cross RF over LF, step LF to side, cross RF behind LF sweeping LF from front to back.
5-6 Step LF back sweeping RF from front to back, step RF back sweeping LF from front to back
7&8& Step LF behind RF, step RF to side ,step LF diagonally forward, step RF next to LF(10.30)

SYNCOPATED CROSS ROCKS (L.R.), L FWD, ¼ TURN R, R SIDE, 1/4 TURN L, L FWD, 1 ½ TURN LEFT

- 1-2& Cross/ rock LF over RF, recover on RF, switch LF next to RF (9.00) 3-4& Cross rock RF over LF , recover on LF, switch RF next to LF (9.00)
5-6 Step LF forward, make ¼ turn right stepping RF to side (right Leg slightly bend, left Leg stretched and looking to right) (12.00) **
7&8& Make a ¼ turn left stepping LF forward (9.00),make a ½ turn left stepping RF back (3.00), make ½ turn left stepping LF forward (9.00), make ½ turn left stepping RF back (3.00)

BACK, CHASSE FWD, BACK, SAILOR 1/2 TURN RIGHT, VOLTA STEPS ½ TURN RIGHT, L SIDE

- 1 Step LF back
2&3 Shuffle forward (R.L.R.)
4 Step LF back sweeping RF from front to back
5&6 Cross RF behind LF, make a ¼ turn right stepping LF next to RF , make a ¼ turn right stepping RF forward (9.00)
&7&8 Make 1/8 turn right stepping LF next to RF (10.30), make a 1/8 turn right stepping RF forward (12.00), make a 1/8 turn right stepping LF next to RF (1.30), make a 1/8 turn right stepping RF forward (3.00)
& - (1) Step LF to side.....Large step RF to side (1) (beginning of the dance)

** RESTART : During The wall 5, after 22 counts (12.00)

& 1 : Small step LF to side (&), large step RF to side (1)

Have Fun !

Contact Choreographer : Maryloo : maryloo.win68@gmail.com - WEBSITE : www.line-for-fun.com
Last Update - 03 Dec. 2019