

# Blue Bird In My Heart

COPPER KNOB  
STEPSHEETS

拍数: 32                      墙数: 4                      级数: High Beginner  
编舞者: Pauline Foster (USA) - December 2020  
音乐: Bluebird - Miranda Lambert



Intro: 16 counts

## RIGHT STEP LOCK, RIGHT STEP LOCK STEP, LEFT STEP LOCK, LEFT STEP LOCK STEP

1-2                      Step Fwd Right, Lock L Behind  
3&4                      Step Fwd Right, Lock L Behind, Step Fwd Right  
5-6                      Step Fwd Left, Lock R Behind  
7&8                      Step Fwd Left, Lock R Behind, Step Fwd Left

## KICK AND POINT, KICK AND POINT, SAILOR RIGHT, SAILOR LEFT ¼ TURN LEFT

1&2                      Kick Right, Step R, Point Left out to side  
3&4                      Kick Left, Step L, Point Right out to side  
5&6                      Right Behind, Step L to Side, Step R to Side  
7&8                      Left Behind, Turn ¼ L as you Step R, Step L Side (weight on left) (9:00)

### \*Tag and Restart here on wall 6 at 6:00

1-2                      Step forward R ½ turn left (None Turning Option Rocking Chair)  
3-4                      Step forward R ½ turn left

## STEP R SIDE, STEP LEFT BEHIND, TRIPLE IN PLACE / STEP L SIDE, STEP RIGHT BEHIND, TRIPLE IN PLACE

1-2                      Step R to R side, Step Left behind R  
3&4                      Step R, L, R in place (weight on R)  
5-6                      Step L to L side, Step Right behind L  
7&8                      Step L, R, L in place (weight on L) (9:00)

## RIGHT ROCKING CHAIR AND RIGHT KICK BALL CHANGE, CROSS R, SIDE L, R HEEL, STEP RIGHT, CROSS L, SIDE R, L HEEL, STEP LEFT

1&2&                      Right rock fwd, Recover, Right rock back, Recover (weight on left)  
3&4                      Kick Right, step on R, step L beside  
5&6&                      Cross R over L, Step L to side, Right Heel, Step on R  
7&8&                      Cross L over R, Step R, Left Heel, Step Left (weight on left) (9:00)

### \*Tag: Two ½ turns to the left.

1-2                      Step forward R ½ turn left  
(Non Turning Option Rocking Chair)  
3-4                      Step forward R ½ turn left