

# Bird Set Free

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Doris Ebersberger (AUT) - January 2021  
音乐: Bird Set Free - Sia



Dance begins after 16 Counts (at the beginning of the drums)

**S1: Step, Cross, Point, 5/8 R, Hitch, Cross, Side-Rock, Cross, Side Behind ¼ R, Step**

1&2      Step R fwd in Diagonal (10:30), Cross L over R, Point R to R side  
3&4      5/8 R on L, Hitch R, Cross R over L (06:00)  
5&6&      Rock Out L to L side, Recover on R, Cross L over R, Step R to R side  
7&8      Step L back, ¼ R Stepping R fwd, Step L fwd (09:00)

**S2: Side, Behind, Point, ½ R, Together, Point, Step, Step, Step [optional: ½ R], Step [optional: ½ R], Step**

1&2      Step R to R side, Cross L behind R, Point R to R side  
3&4      ½ R on L, Step R next to L, Point L to L (03:00)  
5-6      Step L fwd, Step R fwd  
7&8      Run LRL fwd

[optional: ½ R Stepping L back (09:00), ½ R Stepping R fwd (03:00), Step L fwd]

**S3: ½ Pivot L, Step, Lock-Step, Rock-Hold-Back, Triple-¼ L**

1&2      Step R fwd, ½ L on R, Step L fwd (09:00)  
3&4      Step R fwd, Lock L behind R, Step R fwd  
5&6      Rock L fwd [optional: stretch out arms sideways] Hold [optional: bend upper body fwd and put head down], Recover on R [optional: straighten upper body and look fwd]  
7&8      Step L to L side, Step R next to L, ¼ L on L (06:00)

**S4: Side-Rock, Cross, Touch, Side-Rock, Cross, Touch, 3/8 L, Together, Cross, Side-Rock, Step**

1&2&      Rock Out R to R side, Recover on L, Cross R over L, Touch L behind R  
3&4&      Rock Out L to L side, Recover on R, Cross L over R, Touch R behind L  
5&6      3/8 L Stepping back on R (03:00), Ball L next to R, Cross R over L  
7&8      Rock Out L to L side, Recover on R, Step L fwd

**Restart in 5th Wall, after 16 Counts, after vocals 'But I fought back loud, oh'**

**In Wall 5 (10:30) dance S1 fully and S2 until Count 12 (03:00)**

13-14      Step L fwd, Step R fwd  
15&16      Run LR fwd, 1/8 L Stepping L fwd (01:30)

[optional: ½ R Stepping L back (09:00), ½ R Stepping R fwd (03:00), 1/8 L Stepping L fwd (01:30)]

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