

Fly Like a Bird

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Wendy Haggerty (USA) - April 2022
音乐: Fly Like a Bird - Boz Scaggs



ROCK R, RECOVER, CROSS, HOLD, ROCK L, RECOVER, CROSS, HOLD

1-2 Rock R to R side, recover L
3-4 Cross R over L, hold
5-6 Rock L to L side, recover R
7-8 Cross L over R, hold

STEP R, TAP BEHIND, STEP L, TAP FWD, X2

1-2 Step R to R side, tap L behind R
3-4 Step L to L side, tap R in front of L
5-6 Step R to R side, tap L behind R
7-8 Step L to L side, tap R in front of L

GRAPEVINE, GRAPEVINE 1/4 WITH HITCH

1-2 Step R to R side, step L behind R
3-4 Step R to R side, touch L beside R
5-6 Step L to L side, Step R behind L
7-8 Step L ¼ turn to L side, hitch R knee up forward

ROCKING CHAIR X2

1-2 Step R forward, recover L
3-4 Step R back, recover L
5-6 Step R forward, recover L
7-8 Step R back, recover L

Enjoy and spice it up!

Contact choreographer: Whaggerty2016@gmail.com/www.DancewithWendy.com

NOTE: this dance was choreographed in support of people with Parkinson's Disease.
It is appropriate for people with Parkinson's and other neuromuscular challenges but can be danced by anyone.

Last Update - 19 Jul. 2024 - R1