Bluebird



编舞者: Debbie Nishiki (USA) - February 2023

音乐: Bluebird - Little Big Town: (Album: Nightfall)



Intro: 24 counts and start dance when lyrics start

S1 (1-8) (Syncopated) Cross Rocks, Step forward, Pivot ½ turn L, Swivel ¼ R, Return

1-2&3-4& Cross Rock RF over L, Recover on L, Step on RF, Cross Rock LF over R, Recover on R,

Step on LF (12:00)

5-6-7-8 Step forward on RF, Pivot ½ turn L, Swivel ¼ R taking weight R (look right), Return Swivel ¼

L taking weight L (6:00)

(1st Restart – Wall 3)

S2 (1-8) Step touch R L, ½ Rumba Box, Touch together, Step touch L R, ½ L Rumba Box

Step RF to R side, touch LF next to R, Step LF to L side, touch RF next to L (6:00)
Step RF to R side, Step LF next to R, Step RF forward, Touch LF next to R (6:00)
Step LF to L side, touch RF next to L, Step RF to R side, touch LF next to R (6:00)
Step LF to L side, Step RF next to L, Step LF back, Touch RF next to L (6:00)

(2nd Restart - Wall 6)

S3 (1-8) Sway hips R L (2cts each), Press Rock, Recover, R L

1-2-3-4 Sway to the R (2cts), Sway to the L (2cts) (6:00)

5-6&7-8& Press RF forward, Recover L, Step RF back, Press LF forward, Recover R, Step LF back

(6:00)

S4 (1-8) Side Together, Shuffle 1/4 R turn, Step LF forward, Pivot 1/2 R, Run Run Run (LRL)

1-2, 3&4 Step RF to R side, Step LF next to R, Shuffle ¼ R Turn stepping RLR (9:00)

5-6, 7&8 Step LF forward, Pivot ½ to R, Run, Run, Run, (stepping LRL) (3:00)

(Start over)

**2 Restarts: Happens first on Wall 3 after 8 counts and restart the dance and Wall 6 after 16 counts and restart the dance. Both Restart Walls at 6:00.

Ending: Wall 8 – Dance up to 20 counts (after the sways) Mambo forward with ¼ turn R to face front (12:00) and strike a pose!!

That's the whole dance, I hope you like it!!

Enjoy!!

(I do not own the rights to this music, this is for instructional purposes only)