

Miss M. Gets The Bird

拍数: 32 墙数: 4 级数:
编舞者: Marg Jones (CAN)
音乐: Fitzpatrick's Reel - The Fables



POINTS RIGHT & LEFT, &CROSS &CROSS

1&2 Point right toe to right, step right beside left, point left toe to left
&3&4 Step on left, cross right over left, step left to left (still crossed), step right across left

&HEEL, &HEEL (TURN ¼ LEFT), &STEP, HOLD (2 CLAPS)

&5 Step on left, touch right heel forward
&6 Step right beside left, turning ¼ left, touch left heel forward (towards 9:00)
&7&8 Step left beside right, step forward on right (weight on right), hold (with 2 claps)

&SHUFFLE, TURN, SHUFFLE, TURN, SHUFFLE, CROSS, (UP) UNWIND (DOWN)

&9&10 Quickly step left beside right, shuffle forward, right, left, right
&11&12 Make ¼ turn right, shuffle to left, left, right, left
&13&14 Make ¼ turn right, shuffle to right, right, left, right
15&16 Step left across right and unwind ½ turn to right, raise heels, lower heels and slightly bend knees

ROCK FORWARD, RECOVER, COASTER BACK

17-18 Rock forward on right, recover weight back onto left
19&20 Step back on right, step back on left, step forward on right

STEP LEFT, PIVOT ½ RIGHT, SHUFFLE IN PLACE, LEFT, RIGHT, LEFT

21-22 Step forward on left, pivot ½ turn right, ending with weight on right
23&24 Shuffle on the spot, left, right, left

SAILOR STEPS RIGHT, LEFT; HEEL & CROSS & HEEL & CROSS & (SCISSORS)

25&26 Swing right out and behind left, step left to left, step right beside left
27&28 Swing left out and behind right, step right to right, step left beside right
29& Touch right heel forward at right diagonal, step right beside left
30& Step on left across front of right, step right beside left
31& Touch left heel forward at left diagonal, step left beside right
32& Step on right across front of left, step left beside right

REPEAT

TAG

When dancing to "Miss Monahan's/Pigeon on the Gate" by The Fables, the music changes tempo after 6 repeats (at approx. 2:12). you'll be facing the back wall. Clap your hands and tap your right heel for 8 counts, increasing tempo. Then start again from beginning of dance.