

# Fly Like A Bird (2003)

COPPERKNOB  
BY STEPHEN BATES

拍数: 32      墙数: 4      级数: Intermediate/Advanced  
编舞者: Chris Godden (UK)  
音乐: Gossip Folks (Fatboy Slim Mix Radio Edit) - Missy Elliot



- 1,2      Cross left over right (with right hand on left hip and left hand out to left side with palm facing forward), kick right foot out to right (switch hands)  
3&4      Hitch right while swinging right foot left right left (leaving left hand on right hip bringing right palm to side of head)  
5&6      Step back right, close left to right step forward right  
78      Hold, pivot ½ turn left taking weight onto left
- 1,2      Forward right, forward left  
3&4      Flick right foot back, hitch right with ½ turn right on ball of left, step forward on right  
5&6      Touch left toe next to right, step left next to right, step forward on right  
78      Hitch left taking ¼ turn on ball of right (twist body to left to gain torque), pivot ½ turn left on ball of right (twisting body to right to help turn)
- 1,2      Forward left, forward right  
3,4      Touch left toe forward, step back on left  
5,6      Touch right toe back, ½ turn right taking weight on right  
7,8      Skate diagonally forward left, right
- 1,2      Dip left knee to right leg, roll left knee out taking ¼ left leaving weight on right  
3,4      Bend knees while rolling right shoulder up & back, straighten knees rolling left shoulder up & back  
5&6      Touch right toe forward bumping hips forward back forward taking weight onto right (shaking right shoulder down up down)  
7&8      Turn ¼ right on ball of right touching left to left side, turn ¼ right hitching left knee, turn ¼ right on ball of right touching left to left side

## REPEAT

**TAG: After 3rd wall, repeat 4 times to make 1 complete turn**

- 12      Forward left, touch right besides left with right knee turned in  
3&4      Swing right knee right-left-right while turning ¼ right taking weight onto right

**On next wall replace last 4 counts with 1 ¼ paddle turn left flapping arms like a bird (step right next left on count 8)**