

I'm Like A Bird

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Ted (Lazy T) White (CYP)
音乐: I'm Like A Bird - Nelly Furtado



INTRO

Only done once, at the start of the dance

To count in, count 16 after Nelly starts to sing.

ROCK, ROCK, CROSS SHUFFLES LEFT AND RIGHT

- 1-2 Rock left to left, rock right to right
- 3&4 Cross left over right, close right to left, step left to right
- 5-6 Rock right to right, rock left to left
- 7&8 Cross right over left, close left right to left, step right to left

ROCK, ROCK, LEFT BACK SHUFFLE, ROCK, ROCK, FORWARD RIGHT SHUFFLE

- 9-10 Rock forward on left, rock back on right
- 11&12 Step back on left, close right beside left, step back on left
- 13-14 Rock back on right, rock forward on left
- 15&16 Step forward on right, close left beside right, step forward on right

- 17-32 Repeat counts 1-16

THE MAIN DANCE

ROCK, ROCK, LEFT BACK LOCK STEP ½ TURN, STEP, RIGHT CROSS SHUFFLE

- 1-2 Rock forward on the left, rock back onto right
- 3&4 Step back onto left, lock right over left, step back left
- 5-6 Turn ½ turn over right shoulder onto right, step left to left
- 7&8 Cross right over left (keep crossed), step left together, step right to left

HIPS, STEP, CLOSE, RIGHT SIDE, RIGHT SIDE SHUFFLE

- 1-2 Step left to left, shake hips to left, shake hips to right
- 3&4 Shake hips left, right, left
- 5-6 Step right to right, close left beside right
- 7&8 Step right to right, close left beside right, step right to right.

CROSS, ¾ TURN RIGHT, LEFT SIDE SHUFFLE, ½ TURN LEFT, LEFT SIDE SHUFFLE

- 1-2 Cross left over right, unwind ¾ turn over right shoulder,
- 3&4 Step left to left, close right beside left, step left to left
- 5-6 Cross right over left, unwind ½ turn left
- 7&8 Cross right over left (keep crossed), close left to right, step right to left.

ROCK, ROCK, CROSS SHUFFLE, STEP ½ PIVOT, KICK BALL CROSS, TOUCH

- 1-2 Rock to left, rock to right,
- 3&4 Cross left over right (keep crossed), close right beside left, step left to right
- 5-6 Step forward right, turn ½ turn left
- 7&8 Kick right foot forward, step right beside left, cross left toe across right foot

REPEAT
