

# Fly Like A Bird

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Hedy McAdams (USA)  
音乐: Fly Like a Bird - Boz Scaggs



## ROCK LEFT SIDE, BACK, TURN ¼, HOLD, TURN ¼, ROCK, TURN ¼, HOLD

1-4      Rock left to side, recover to right, turn ¼ left and step left forward, hold (9:00)  
5-6      Turn ¼ left and rock right to side, recover to left (6:00)  
7-8      Turn ¼ right and step right forward, hold (9:00)

## TURN ¼, ROCK, TURN ¼, HOLD

9-10      Turn ¼ right and rock left to side, recover to right (12:00)  
11-12      Turn ¼ left and step left forward, hold (9:00)

## KICK-BALL-TURN, KICK-BALL-CHANGE

13&14      Kick right forward, step right together, turn ¼ left and step left in place (6:00)  
15&16      Kick right forward, step right in place, step left in place

## CROSS, TURN, CROSS & CROSS, TURN ¼ SHUFFLE, TURN ¼, TURN ½

17-18      Cross/touch right over left, unwind ½ left (weight to right, 12:00)  
19&20      Cross left over right, step right to side, cross left over right  
21&22      Turn ¼ right and step right forward, step left together, step right forward (3:00)  
23-24      Turn ¼ right and step left to side, turn ½ LEFT and step right FORWARD (12:00)

## CROSS, TOUCH, CROSS, TURN ½, CROSS & CROSS, BIG STEP, SLIDE/LIFT

25-26      Cross left over right, touch right toe to side  
27-28      Cross/touch right over left, unwind ½ left (weight to right, 6:00)  
29&30      Cross left over right, step right to side, cross left over right  
31-32      Big step right to side, drag left toward right

Lift left toe slightly to blend into step 1

REPEAT

Last Update - 17 Jan. 2019