

Bird On A Wing

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Paul Clifton (UK)
音乐: Let Your Love Flow - The Bellamy Brothers



SIDE STEP, ROCK FORWARD, RECOVER & CROSS SIDE ROCK, RECOVER SAILOR ¼ TURN

1-2-3 Step right to right side, rock forward on left, recover weight back onto right
&4 Step slightly back on left, cross step right over left
5-6 Rock left to left side, recover weight back onto right.
7&8 Step left behind right, & step right to right side, turning ¼ turn left, step forward left

ROCK RECOVER, SHUFFLE ½ TURN, FULL TURN FORWARD, LEFT LOCK STEP

1-2 Rock forward on right, recover weight back onto left
3&4 Shuffle ½ turn right stepping right, left, right
5-6 Make a full turn right traveling forward stepping left, right
7&8 Step forward on left, & lock right behind left, step forward on left

ROCK RECOVER TRIPLE FULL TURN, HEEL SWITCHES ½ TURN RIGHT

1-2 Rock forward on right, recover weight back onto left.
3&4 Triple full turn right (on the spot) stepping right, left, right
5&6 Touch left heel forward, & step left next to right, touch right heel forward,
&7&& Step right next to left, touch left heel forward, & step left next to right
8& Touch right heel forward, & step right next to left
5&6&7&8& should be slowly turning right on the spot completing ½ turn

DOROTHY LEFT & RIGHT STEP LEFT, BEHIND, HEEL JACK & CROSS

1-2& Step left diagonally forward, lock right behind left, & step left diagonally forward
3-4& Step right diagonally forward, lock left behind right, & step right diagonally forward
5-6& Step left to left side, cross right behind left, & step slightly back on left
7&8 Touch right heel diagonally forward, & step back on right, cross step right over left

REPEAT
