

# The Bird

拍数: 32                      墙数: 4                      级数: Beginner  
编舞者: Unknown  
音乐: Burning Love - Travis Tritt



## HAND FLIPS

Start dance with feet shoulder width apart, weight evenly distributed

Shift weight to foot in direction of lean

- 1                      Lean right, flip right hand palm down to right side at shoulder level
- 2                      Lean right, flip right hand palm down to right side at shoulder level
- 3                      Lean left, flip left hand palm down to left side at shoulder level
- 4                      Lean left, flip left hand palm down to left side at shoulder level
- 5-8                    Repeats steps 1 - 4 above

## HAND ROLLS (DOWN TWO, UP TWO, DOWN TWO, UP TWO)

- 9-10                    Roll balled hands in forward circle to right side, bend down slightly from waist
- 11-12                   Roll balled hands in forward circle to right side, raising up slightly from waist
- 13-16                   Repeat steps 9-12 above, shift weight to left foot on count 16

## STEP, PULL, PULL, STEP, PULL, PULL, REPEAT

- 17                    Step right foot forward, putting balled hands forward
- 18                    Pull balled hands toward right hip
- 19                    Step left foot forward, putting balled hands forward
- 20                    Pull balled hands toward left hip
- 21                    Step right foot forward, putting balled hands forward
- 22                    Pull balled hands toward right hip
- 23                    Step left foot forward, putting balled hands forward
- 24                    Pull balled hands toward left hip

## HANDS TO SHOULDERS, HANDS TO HIPS

- 25                    Touch right hand to left shoulder
- 26                    Cross left arm over right arm and touch left hand to right shoulder
- 27                    Touch right hand to right hip
- 28                    Touch left hand to left hip

## JUMP OUT, JUMP AND CROSS, JUMP AND TURN ¼ LEFT, CLAP

- 29                    Jump out with feet spread shoulder width apart
- 30                    Jump in and cross right leg in front of left leg
- 31                    Jump out with a ¼ turn left and spread feet shoulder width apart
- 32                    Clap hands

## REPEAT

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