Songbird



编舞者: Frankie Cull (UK) - March 2009

音乐: Songbird - Eva Cassidy



Intro: 24 counts

(1-8) Walk Right & Left, mambo forward, pivot full turn Right, step back, 1/2 shuffle turn Right		
1-2	Step forward on Right, step forward on Left	
3&4	Rock forward onto Right foot, recover weight on Left, step Right back next to Left	
&5	Plonk Left foot forward, turn 1/2 Right (6 o'clock)	
6	Continue turning another 1/2 Right & step Left foot back (12 o'clock)	
7&8	Turn 1/4 Right stepping Right foot to Right side, step Left foot next to Right, turn 1/4 Right stepping Right foot forward (6 o'clock)	

(9-16) Cross rock recover, triple turn left, cross rock recover, chassis right

1-2	Cross rock Left foot across in front of Right, recover weight onto Right foot
3&4	Turn 1/4 Left stepping Left foot forward, continue turning 1/2 Left & step back onto Right, turn
	1/4 Left stepping Left foot to Left side
5-6	Cross rock Right foot across in front of Left, recover weight onto Left foot
7&8	Step Right foot to Right side, step Left foot next to Right, step Right foot to Right side (6 o'clock)

(17-24) Cross, syncopated back back cross x 2, side step right, sailor 3/4 left, 1/2 turn leg raise

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Cross step Left foot across in front of Right
Step Right foot slightly back, step Left foot back, cross Right foot over Left
Step Left foot slightly back, step Right foot back, cross Left foot over Right
Step a large step to Right side with Right foot dragging left foot slightly towards Right
Cross Left foot behind Right foot, turn 1/4 Left side stepping in place with Right foot, turn 1/4 Left & step Left foot forward (9 o'clock)
With weight on Left foot turn 1/2 Left sharply as Right leg is raised straight out to the back (3 o'clock)

(25-32) Large step back, coaster, step lock unwind full turn, full triple Right

(25-52) Large step back, coaster, step lock unwind full turn, full triple Right		
1	Step Right foot back a large step (3 o'clock)	
2&3	Step Left foot slightly back, step Right foot next to Left foot, step Left foot forward	
&4	Spring forward onto Right foot, lock Left foot behind Right foot	
5-6	With weight on both feet slowly unwind full turn Left ending with weight on the Left	
7&8	Step Right foot forward, turning 1/2 Right step Left foot foot back, turning another 1/2 Right	
	step Right foot forward (3 o'clock)	
&	Small step forward on Left foot	