

The Bird

COPPER **NOB**
BY STEPHEN

拍数: 44 墙数: 1 级数: Improver Contra Party
编舞者: Chris Jackson (UK) - December 2011
音乐: Surfin' Bird - The Trashmen



4 count intro

TWIST AND TWIST AND TWIST AND TWIST AND

1&2&3&4& Touch Right toe forward and twist hips and arms R/L R/L R/L R/L

STEP BACK, TOUCH, STEP FORWARD, TOUCH

5678 Step back on Right, touch Left toe back, step forward Left, touch Right toe forward

TWIST AND TWIST AND TWIST AND TWIST AND

9&10&11&12& Touch Right toe forward and twist hips and arms R/L R/L R/L R/L

STEP BACK, TOUCH, STEP FORWARD, TOUCH

13 - 16 Step back on Right, touch Left toe back, step forward Left, touch Right toe forward

CROSS, BACK, SIDE, CROSS, BACK, TURN, CROSS, BACK

17 - 24 Cross Right over Left, step back Left, step Right to Right side, cross Left over Right, step back Right, make a quarter turn Left stepping forward on Left, cross Right over Left, step back Left

SIDE, IN FRONT, SIDE, BEHIND, SIDE, IN FRONT, SIDE, TOGETHER

25&26&27&28& Step Right to Right side, cross Left over Right, step Right to Right side, step Left behind Right, step Right to Right side, cross Left over Right, step Right to Right side, step Left next to Right

TWIST AND TWIST AND KICK-BALL CHANGE

29&30&31&32 Twist hips and arms L/R L/R, kick Left forward, step Left in place, step Right in place

SIDE, BEHIND, SIDE, IN FRONT, SIDE, BEHIND, SIDE, TOGETHER

33&34&35&36& Step Left to Left side, step Right behind Left, step Left to Left side, cross Right over Left, step Left to Left side, step Right behind Left, step Left to Left side, step Right next to Left

TWIST AND TWIST AND KICK-BACK CHANGE

37&38&39&40 Twist hips R/L R/L, kick Right forward, step Right in place, step Left in place

PIVOT A HALF, PIVOT A QUARTER

41,42,43,44 Step forward Right, pivot a half turn Left, step forward Right, pivot a quarter turn Left

START AGAIN!

Choreographer's note: dance through middle section where there is a break in the music and get dancers to shout out steps as they do it to keep time.