

Fly Little Bird

拍数: 32 墙数: 4 级数: Improver
编舞者: Arne Stakkestad (BEL) - January 2012
音乐: Fly Little Bird - George McAnthony : (CD: Dust Off My Boots)



Info: start after 16 counts, on lyrics

Sway R, L, Sailorstep ½ R, Full Turn, Mambostep

1-2 RF step and sway hips right, sway hips left
3&4 RF cross behind LF, ¼ right LF step beside RF, ¼ right RF step forward
5-6 ½ right LF step backward, ½ right RF step forward

Easy option: step forward LF, RF on counts 5-6

7&8 LF rock forward, recover weight on RF, LF step backward

Toe Struts Backwards, Coaster Touch, Monterey Turn R, Cross Shuffle

1&2& RF touch toe backward, heel down, LF touch toe backward, heel down
3&4 RF step backward, LF step beside RF, RF touch right side
5-6 ½ right RF step beside LF, LF touch toe left side
7&8 LF cross before RF, RF step beside LF, LF cross before RF

Side, Cross, Mambocross, Side, Cross, Mambo 1/4 L

1-2 RF step right side, LF cross before RF
3&4 RF rock right side, recover weight on LF, RF cross before LF
5-6 LF step left side, RF cross before LF
7&8 LF rock forward, recover weight on RF, ¼ left LF step left side

Rockstep, Tripple Full Turn, Side Rock, Behind, Side, Cross

1-2 RF rock forward, recover weight on LF
3&4 1/3 right RF step beside LF, 1/3 right LF step beside RF, 1/3 right RF step beside LF

Easy option: tripple step RF, LF, RF on counts 3&4

5-6 LF rock left side, recover weight on RF
7&8 LF cross behind RF, RF step right side, LF cross before RF

Restart: dance 4th wall to count 16 (cross shuffle) and start again (3h)