

I'm A Bird

COPPERKNOB
STEPSHETS

拍数: 64 墙数: 4
编舞者: Kiara Van Calster - April 2012
音乐: I'm a Bird - Marco Z

级数: Beginner / Improver



Intro: 32 counts

R heel, hook, heel, together, L heel, hook, heel, together

- 1 RF touch heel forward
- 2 RF hook in front of LF
- 3 RF touch heel forward
- 4 RF step next to LF
- 5 LF touch heel forward
- 6 LF hook in front of RF
- 7 LF touch heel forward
- 8 LF step next to RF

Shuffle Fwd right, left, with hold

- 1 Step RF forward
- 2 Step LF next to RF
- 3 step RF forward
- 4 Hold
- 5 Step LF forward
- 6 Step RF next to LF
- 7 Step LF forward
- 8 Hold

Right grapevine with touch, Left grapevine with touch

- 1 Step RF to R side
- 2 Cross LF behind RF
- 3 Step RF to R side
- 4 Tap LF next to RF
- 5 Step LF to L side
- 6 Cross RF behind LF
- 7 Step LF to L side
- 8 tap RF next to LF

Toe touches right and left, Heel touches right and left

- 1 RF point toe to R side
- 2 Step RF next to LF
- 3 LF point toe to L side
- 4 Step LF next to RF
- 5 RF touch heel forward
- 6 Step RF next to LF
- 7 LF touch heel forward
- 8 Step LF next to RF

JazzBox with Toestruts, ¼ turn right

- 1 Cross toe RF over LF
- 2 Lower heel RF
- 3 Step toe LF backwards
- 4 Lower heel LF

- 5 Touch toe RF ¼ turn right forward
- 6 lower heel RF
- 7 Touch toe LF forward
- 8 Lower heel LF

Weave right ¼ turn right

- 1 Step RF to R side
- 2 Cross LF behind RF
- 3 Step RF to R side
- 4 Cross LF over RF
- 5 Step RF to R side
- 6 Cross LF behind RF
- 7 Step RF ¼ turn right forward
- 8 Step LF next to RF

Toe touches out-in-out; hold; behind-side-cross

- 1 Tap RF to R side
- 2 Tap RF next to LF
- 3 Tap RF to R side
- 4 Hold
- 5 Cross RF behind LF
- 6 Step LF to L side
- 7 Cross RF over LF
- 8 Hold

Toe touches out-in-out;hold;behind-side-cross

- 1 Tap LF to L side
- 2 Tap LF next to RF
- 3 Tap LF to L side
- 4 Hold
- 5 Cross LF behind RF
- 6 Step RF to R side
- 7 cross LF over RF
- 8 Hold

START AGAIN

Restarts:-

R1. dance walls 3 and 6 up to count 19; count 20 = close LF and restart

R2. Dance 5th wall up to count 48(end of section 6) and restart
