

Bird Set Free

COPPER **NOB**
BYEPODSHETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Linda Burgess (AUS) - November 2015
音樂: Bird Set Free - Sia : (Album: This is Acting - 4:13)



Intro: 16 counts (slow beat)

[1-8] □ SIDE, BEHIND, SIDE, CROSS, REPLACE, 1/4 L, WALK, WALK, ROCK/REPLACE, 1 ½ TRIPLE

1,2&3,4& Big step R dragging L, cross/step L behind R, step R to R, cross/step L over R, rock back R, ¼ L & step fwd L (9.00)

5,6,7&8&1 Step fwd R, step fwd L, rock/step fwd R, replace weight to L, ½ turn R & step fwd R, turn ½ R & step back L, ½ turn R & step fwd R (3.00)

[9-16] □ STEP, ROCK/REPLACE, TRIPLE 1 ¼, SIDE, ROCK BACK, REPLACE, SIDE, ROCK/BACK, REPLACE

2,3&4& Step fwd L, rock/step fwd R, replace weight to L, turn ½ R & step fwd R, turn ½ R & step back L

5,6&7,8& turn ¼ R & take big step to R (& drag L), rock back L, replace weight to R, take a big step to L (& drag R), rock back R, replace weight to L (6.00)

[17-24] □ STEP, FULL TURN, FWD, REPLACE, ½ FWD,, ¼ SIDE, REPLACE, HINGE ½ SIDE, HINGE ½ SIDE, ¼, ½ □ □ □ □

1,2& Step fwd R, turn ½ R & step back L, turn ½ R & step R (6.00)

3,4& Rock/step fwd L, replace weight to R, turn ½ L & step fwd L (12.00)

5,6& ¼ turn L & rock/step R to R, replace weight to L (9.00), hinge ½ turn R & step R to R (3.00)

7,8& Hinge ½ turn R on R & rock/step L to L (9.00), ¼ L & replace weight to R (6.00), turn ½ L & step fwd L (12.00)

[25-32] □ FWD, SIDE, REPLACE, CROSS, ¼, ¼, ¼ ROCK FWD, REPLACE, ½ STEP, ROCK/FWD, REPLACE, ½ STEP

1,2&3,4& Step fwd R, rock/step L to L, replace weight to R, cross/step L over R, turn ¼ L & step back R, turn ¼ L & step L to L (6.00)

5,6&7,8& ¼ turn L & rock/step fwd R (3.00), replace weight to L, turn ½ R & step fwd R (9.00), rock/step fwd L, replace weight to R, turn ½ L & step fwd L. (3.00)

Begin again.

Restart: Wall 6 (facing 3.00) Dance counts 1-16 then Restart facing (9.00)

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