

Bird Set Free

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Gregory Danvoie (BEL) - February 2016
音樂: Bird Set Free - Sia



S1. Side, back rock, recover, x2, step, 1/4 turn R with sweep, rock Fwd, recover, 1/2 turn L, step, pivot 1/2 turn L, step

1-2& step RF to the R, LF back rock, recover
3-4& step LF to the L, RF back rock, recover
5 Step RF with 1/4 turn to the R with a sweep
6&7 LF rock forward, recover, step LF with 1/2 turn to the L
8&1 step RF, 1/2 turn to the L, step RF

S2. Full turn R, 1/2 turn R, back rock, recover, Walk, walk, cross, back, heel

2&3 full turn to the R, LF back with 1/2 turn to the R
4&5 RF back rock, recover, Walk RF
6 Walk LF
7&8 cross RF in front of LF , LF back , RF Heel

S3. Return, cross rock Fwd, recover, 1/4 turn L, cross rock Fwd, recover, 1/4 turn R, step, 1/2 turn R, full turn R, 1-4 turn R

&1&2 RF return next to the LF , LF cross rock forward, recover, step the LF to the L with 1/4 turn to the L
3&4 RF cross rock forward, recover, step RF to the R with 1/4 turn R
5-6. Step LF , pivot 1/2 turn to the R
7&8 full turn to the R, step LF with 1/4 turn to the R

S4. Back rock, recover, Side, behind, Side , cross , step, Side, back, behind, Side , cross

1&2 RF back rock , recover , step the RF to the R
3&4 cross LF behind RF , step the RF to the R, cross LF in front of RF
5&6 RF step in diagonal , step the LF to the L , back RF
7&8 cross LF behind RF , step the RF to the R, cross LF in front of RF

Restart : at 5th wall : at the end of the 2nd section , after RF Heel; point RF next to the LF And ... Restart!

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