

Like A Bird

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Chris Jackson (UK) - May 2018
音樂: Bird on a Wire - The Neville Brothers : (Album: 'Greatest Hits' - Amazon.)



Dance starts immediately on the word `Bird`
Tag and Restart on Wall 5. Dance ends facing front during 'fadeout' ending.

SECTION ONE: CROSS, SIDE, SAILOR STEP, CROSS, QUARTER, STEP A HALF, PIVOT A HALF

1,2,3&4, Cross right over left, left to left side, rock right behind left, step out left, step out right
5,6,7&8 Cross left over right, make a quarter turn left stepping back on right, make a half turn left stepping forward on left, step forward on right, pivot a half turn left (9.0)

SECTION TWO: PRISSY STEPS, ROCK AND CROSS, QUARTER, QUARTER, CROSS-QUARTER-HALF

1,2,3&4 Step forward right crossing slightly over left, step forward left crossing slightly over right, rock right to right side, recover on left, cross right over left
5,6,7&8 Make a quarter turn right stepping back on left, make a quarter turn right stepping right to right side, cross left over right, make a quarter turn left stepping back on right, make a half turn left stepping forward on left (6.0)

SECTION THREE: ROCK-TURN -CROSS, ROCK AND CROSS, ROCK-TURN-CROSS AND BEHIND AND CROSS

1&2 Make a quarter turn left rocking right to right side (3.0), recover on left, cross right over left,
***(TAG AND RESTART HERE) Wall 5**
3&4 Rock left to left side, recover on right, cross left over right
5&6&7&8 Make a quarter turn left rocking right to right side (12.0), recover on left, cross right over left, left to left side, right behind left, left to left side, cross right over left

SECTION FOUR: ROCK, RECOVER, SAILOR HALF TURN LEFT, STEP, TOUCH, BACK-TOUCH, BACK-TOUCH, STEP

1,2,3&4 Rock forward left slightly on left diagonal, recover on right, make a half turn left stepping left behind right, right to right side, left to left side (6.0)
5,6&7&8& Step forward right, touch left toe behind right heel, step back on left (&), touch right toe in front of left, step back on right (&), touch left toe in front of right, step forward left (&)

***Tag and Restart Wall 5 – Dance up to step 2 of section 3 and then make a three-quarter fall-away turn to your right: 3 - Make a quarter turn right stepping back on left (6.0), & – Make a quarter turn to your right stepping right to right side (9.0), 4 – Make a quarter turn to your right stepping left to left side (12.0), and Restart.**