

# Bluebird In My Heart

COPPERKNOB  
BY STEPHEN METZ

拍數: 32      牆數: 4      級數: Improver  
編舞者: Mark Sandland (USA) & Linda Alfonsi (USA) - May 2020  
音樂: Bluebird - Miranda Lambert



Dance starts with Lyrics after 16 counts

## Lock step, Rock recover, Lock step, Rock recover

- 1&2 Step Right foot forward, step left foot behind right, step right foot forward (weight on right)
- 3-4 Rock forward on left foot, transfer weight back to right foot
- 5&6 Step Left foot forward, step right foot behind left, step forward left (weight on left)
- 7-8 Rock forward on right foot, transfer weight back to left foot

## Shuffle half turn, Shuffle half turn, Coaster Step, Step touch.

- 1&2 Step right foot  $\frac{1}{4}$  turn to the right, step left foot next to right foot, step right foot  $\frac{1}{4}$  to the right (weight on right, facing 6:00)
- 3&4 Step left foot into a  $\frac{1}{4}$  to the right, step right foot next to left foot, step back left into  $\frac{1}{4}$  turn right (weight on left facing 12:00)
- 5&6 Step back on right foot, step back left foot next to right (weight on left), step forward right (weight on right)
- 7-8 Step left foot to left side, touch right foot next to left (weight on left)

Restart here 3rd wall (6 o'clock)

## Right Rock Recover Cross, Left Rock Recover Cross, Pivot $\frac{1}{2}$ turn, Full turn,

- 1&2 Step right foot to right side, transfer weight back to left, cross right foot over left (weight on right)
- 3&4 Step left foot to left side, transfer weight back to right, cross left foot over right foot (weight on left)
- 5-6 Step right foot forward, turn a  $\frac{1}{2}$  turn to the left, transfer weight to the left foot
- 7-8 Turn a  $\frac{1}{2}$  turn over left shoulder by stepping back on right foot, bring left foot around to continue  $\frac{1}{2}$  turn over left shoulder then step forward with left foot (weight on left).

(opt 7&8& - Rocking chair)

## Step touch, Step touch, Kick ball change, $\frac{1}{4}$ turn left.

- 1-2 Step right foot to right side, touch left foot next to right (weight on right)
- 3-4 Step left foot to left side, touch right foot next to left (weight on left)
- 5&6 Kick right foot forward, step back on the ball of R foot, step left foot in place.
- 7-8 Step right foot forward, turn  $\frac{1}{4}$  left, transfer weight to left foot.

Tag: 4 counts: 3 o'clock wall 2nd time

## Skate right, left, right, left

- 1-2 Slide right foot diagonally forward to right side, Slide left foot diagonally forward to left side
- 3-4 Repeat

Last Update - 13 May 2020