

Bird on a Wire

拍數: 48 牆數: 2 級數: Easy Intermediate waltz
編舞者: Kenneth Shaw (AUS) - March 2022
音樂: Bird on a Wire (feat. Bella) - Troy Cassar-Daley & Jimmy Barnes : (Album: CMAA
50th Anniversary The Winners: Vol. 2, 2000 - 2021 - iTunes)



START: 24 Waltz Count introduction to start on Vocals

SIDE ROCK CROSS x 2

1,2,3 Step R to R, replace weight to L, Cross R over L.
4,5,6 Step L to L, replace weight to R, Cross L over R.

EXTENDED VINE RIGHT, TOUCH

1,2,3 Step R to R, Step L behind R, Step R to R.
4,5,6 Cross R over L, Step R to R, Touch L toe behind R.

EXTENDED VINE LEFT, TOUCH

1,2,3 Step L to L, Step R behind L, Step L to L.
4,5,6 Cross R over L, Step L to L, Touch R toe behind L.

VINE RIGHT ; 1/2 PIVOT TURN

1,2,3 Step R to R, Step L behind R, Step R to R slightly back.
4,5,6 Step L forward, turn 1/2 L, replace weight to R, Step L back.

FORWARD, LOCK, FORWARD x 2

1,2,3 Step R forward, Lock L behind R, Step R forward.
4,5,6 Step L forward, Lock R behind L, Step L forward.

ROCK 1/2 TURN ; FORWARD, LOCK, FORWARD

1,2,3 Rock forward onto R, replace weight to L, turn 1/2 R, Step R forward.
4,5,6 Step L forward, Lock R behind L, Step L forward.

FORWARD, LOCK, FORWARD ; 1/2 PIVOT TURN*

1,2,3 Step R forward, Lock L behind R, Step R forward.
4,5,6 * Step L forward, turn 1/2 R, replace weight to R, Step L forward.*

FORWARD MAMBO ; BACK COASTER

1,2,3 Step R forward, Rock back onto L, Step R back.
4,5,6 Step L back, Step R together, Step L forward.

ENDING: You will be on Last Front Wall, starting with Lyrics "Like a bird"

Dance up to Count 42*, as music slows with Lyrics "to be free" continue with Further 1/2 pivot with weight on both feet to finish at Front.

Last Update - 6 Mar 2022