

Like a Bird Without Wings

拍數: 32 牆數: 4 級數: Improver
編舞者: Lars Kuif (NL) - March 2022
音樂: A Bird Without Wings (feat. George Donaldson & Damian McGinty) - Celtic Thunder



Starts after 4 counts - No tags, no restarts

[1 – 8] Side, Sweep, Cross-Side-Behind, Sweep, Behind, ¼ Turn L, Step Fwd., Shuffle Fwd., Mambo Step With Sweep Back

1,2&3 Step R to side and sweep L across (1), step L across R (2), step R to side (&), step L behind R and sweep R back (3)
4&5 Step R behind L (4), ¼ L stepping L fwd. (&), step R fwd. (5) [09.00]
6&7 Step L fwd. (6), step R next to L (&), step L fwd. (7)
8&1 Rock R fwd. (8), recover to LF (&), step R back and sweep L back (8) [09.00]

[9 – 16] Behind-Side-Cross-Side, Rock Back, Sway L+R, Side With Drag, Rock Back

2&3& Step L behind R (2), step R to side (&), step L across R (3), step R to side (&)
4& Rock L back (4), recover to RF (&)
5,6 Step L to side and sway L (5), sway R (6)
7,8&1 Big step L and drag RF towards LF (7), rock R back (8), recover to LF (&), step R fwd. (1) [09.00]

[17 – 24] ¼ pivot turn R into cross, ½ Hinge Turn L, Cross Rock, Side, Cross, Back, Back

2&3 Step L fwd. (2), ¼ turn R and weight to RF (&), step L across R (3) [12.00]
4&5 ¼ turn L stepping R back (4), ¼ turn L stepping L to side (&), rock R across L (5) [06.00]
6& Recover to L (6), step R slightly to side and back (7) [06.00]
7&8 Step L across R (7), step R back (&), step L back (8) [06.00]

[25 – 32] Cross, Back, Back, Cross Shuffle, Side, ¼ Turn L, Step Fwd., Scissor Step, Touch

&,1& Step R across L (&), step L back (1), step R back (&) [06.00]
2&3 Step L across R (2), step R to side (&), step L across R (3) [06.00]
4&5 Step R to side (4), ¼ turn L and weight to LF (&), step R fwd. (5) [03.00]
6&7,8 Step L to side (6), step R next to L (&), step L across R (7), touch R next to L (8) [03.00]

Questions: larskuifinedance@gmail.com