

Eagles or Birds

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Guadalupe Niella Morillo (ARG) - August 2023
音樂: Birdsong - Horizon Blue, Michael Hausted, Nate VanDeusen



Hoja de Baile: Guadalupe Niella Morillo

Intro 16 beats

[1-8]: SHUFFLE SIDE R, ROCK L, REPLACE, SHUFFLE SIDE L, ROCK, REPLACE R

1&2 Step side R, step L next to R, step side R,
3,4 Rock back on L, replace weight on R
5&6 Step side L, step R next to L, step side L,
7,8 Rock back on R, replace weight on L

[9-16]: KICK BALL CROSS R (X2), ROCK SIDE, RECOVER, CROSS SHUFFLE R

1&2 Kick R to R diagonal, Step R next to L, Cross L over R
3&4 Kick R to R diagonal, Step R next to L, Cross L over R
5, 6 Rock RF to R side, recover on LF
7&8 Cross RF over LF step LF to L side (&), cross RF over LF

[17-24]: POINT, CROSS FWD L, POINT, CROSS POINT R, ROCK R, STOMP R (X2)

1,2 Touch L toe side, step Fwd L,
3,4 Touch R toe side & toe touch R behind L
5,6 Rock back on R, replace weight on L
7,8 Stomp R next to L, Stomp R next to L

[25-32]: KICK R, SWIVEL R, KICK L, SWIVEL L

1,2 Kick forward with RF, Step RF slightly forward
3-4 Move R Heel out and back into place
5,6 Kick forward with LF, Step LF slightly forward
7-8 Move L Heel out and back into place

[33-40]: PIVOT TURN ½ R, STEP FWD R, HOLD, STEP FWD L, PIVOT TURN ½ L*

***Restart here during wall 8 (12.00) (Before 40 counts)**

1,2 Step Fwd RF, Turn 1/2 L, (6:00)
3-4 Step Fwd RF and hold
5,6 Step Fwd LF, Turn 1/2 L (12:00)
7-8 Step Fwd L and hold

[41-48]: LOCK STEP FWD R, HOOK, LOCK STEP BACK L, HOLD

1,2 Step Fwd R, step L behind to R,
3,4 Step Fwd R and hook left behind right
5,6 Step back L, step R over to L,
7-8 Step back L and hold

[49-56]: STEP TURN ½, HOLD, STEP BACK R, HOLD, COASTER STEP L

1,2 Step RF to right side turning 1/2 turn
3,4 Hold keeping weight on right
5,6 Step RF back and Hold
7&8 Step left back, step right beside left, step left forward

[57-64]: SCUFF R, LOCK STEP R, HOOK BACK L, STEP BACK L, SLIDE BACK R, STOMP R

1,2 Scuff right heel Fwd, Step Fwd R,
3&4 Step L behind to R, Step R Fwd R
5&6 Hook L behind RF, Step L back
7-8 Slide back to the RF and Stomp R together L

REPEAT

***Restart: *Restart on wall 8 at (12.00)**
