Little Bird

拍數: 64

級數: Intermediate

編舞者: Phil Turpin (UK)

音樂: Little Bird (Extended Mix) - Sherrié Austin

At the beginning of the track there is a short section of vocals without musical accompaniment. The music then accompanies the vocals for 24 counts, followed by a 16 count instrumental section. Start the dance after this instrumental section.

KICK FORWARD, TOUCH BACK, KICK-BALL-TOUCH, HITCH, STEP, BOUNCE & TURN

- 1-2 Kick right foot forward, touch right toe back
- 3&4 Kick right foot forward, step right foot in place, touch left foot to left side
- 5-6 Hitch left knee across right leg, step left foot to left side
- 7-8 Bounce heels twice, while turning ¼ left (finish with weight on right)

FORWARD SHUFFLE, SIDE SHUFFLE, BACK SHUFFLE, COASTER

- 9&10 Step forward left, close right beside left, step forward left
- 11&12 ¹/₄ turn right and step right to right, step left next to right, step right to right
- 13&14 ¹⁄₄ turn right and step back on left, close right beside left, step back on left
- 15&16 Step back on right, close left beside right, step forward right

HALF MONTEREY TURN, CROSS, UNWIND, SAILOR, SAILOR

- 17-18 Touch left toe to left side, ½ turn left and step left next to right (finish with weight on left)
- 19-20 Cross right over left, unwind ½ turn to left (finish with weight on right)
- 21&22 Step left behind right, step right next to left, step left in place
- 23&24 Step right behind left, step left next to right, step right in place

FORWARD SHUFFLE, STEP, TURN, CHA-CHA TURN, WALK, WALK

- 25&26 Step forward left, close right beside left, step forward left
- 27-28 Step forward on right, ¹/₂ turn to left
- 29&30 Full cha-cha turn to left stepping right, left, right
- 31-32 Step forward left, step forward right

KICK FORWARD, TOUCH BACK, KICK-BALL-TOUCH, HITCH, STEP, BOUNCE & TURN

- 33-34 Kick left foot forward, touch left toe back
- 35&36 Kick left foot forward, step left foot in place, touch right foot to right side
- 37-38 Hitch right knee across left leg, step right foot to right side
- 39-40 Bounce heels twice, while turning ¹/₄ right (finish with weight on left)

FORWARD SHUFFLE, SIDE SHUFFLE, BACK SHUFFLE, COASTER

- 41&42 Step forward right, close left beside right, step forward right
- 43&44 ¹⁄₄ turn left and step left to left, step right next to left, step left to left
- 45&46 ¹/₄ turn left and step back on right, close left beside right, step back on right
- 47&48 Step back on left, close right beside left, step forward left

HALF MONTEREY TURN, CROSS, UNWIND, SAILOR, SAILOR

- 49-50 Touch right toe to right side, ½ turn right and step right next to left (finish with weight on right)
- 51-52 Cross left over right, unwind ½ turn to right (finish with weight on left)
- 53&54 Step right behind left, step left next to right, step right in place
- 55&56 Step left behind right, step right next to left, step left in place

FORWARD SHUFFLE, STEP, TURN, CHA-CHA TURN, ROCK, RECOVER





牆數:2

57&58 S	Step forward right,	close left beside ri	ight, step forward right
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- 59-60 Step forward on left, ¹/₂ turn to right
- 61&62 ¹/₂ cha-cha turn to right stepping left, right, left
- 63-64 Rock back onto right, rock forward onto left

REPEAT