

Three Little Birds

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Derrick John Paul (UK) & Terry Ann Cavanagh (UK)
音樂: Three Little Birds - Bob Marley & The Wailers



TOE-STRUTS, WALK, ½-TURN, TOUCH

- 1-4 Touch right toe forward, drop heel, repeat with left
- 5-6 Walk back right, then left
- 7-8 Step back right making ½ turn right, touch left to right

SIDE-STEP-TOUCH TWICE, VINE LEFT-SCUFF

- 1-4 Step left to left side, touch right to left, repeat with right
- 5-6 Step left to left, cross right behind left
- 7-8 Step left to left, scuff right beside left

SIDE-ROCK, BEHIND-¼-TURN, STEP-TURN-STEP-TOUCH

- 1-2 Rock right to right side, recover onto left
- 3-4 Cross right behind left, step left ¼ turn left
- 5-6 Step right forward, pivot ½ turn left
- 7-8 Step right forward, touch left to right

ROCK, STEP-TURN, STEP-TOUCH, ROCK

- 1-2 Rock back on left, recover onto right
- 3-4 Step forward left, pivot ½ turn right
- 5-6 Step left forward, touch right beside left
- 7-8 Rock back on right, recover onto left

SIDE-STRUT, CLOSE-CROSS, BACK-LOCK-BACK-TOUCH

- 1-2 Touch right toe to right side, drop heel
- 3-4 Close left to right, cross right over left
- 5-8 Step back left, lock right over left, step back left, touch right to left

STEP-SCUFF TWICE, CROSS, BACK-LOCK-BACK

- 1-4 Step right forward, scuff left beside right, repeat with left
- 5-8 Cross right over left, step back left, lock right over, step back left

VINE RIGHT WITH ¼ TURN, SIDE-TOGETHER-FORWARD-TOUCH

- 1-2 Step right to right, cross left behind right
- 3-4 Step right ¼ turn right, touch left beside right
- 5-6 Step left to left side, close right to left
- 7-8 Step left forward, touch right beside left

SIDE-TOGETHER-BACK-TOUCH, SIDE-TOUCH, TOUCH-HIP-BUMPS

- 1-2 Step right to right side, close left to right
- 3-4 Step right back, touch left beside right
- 5-6 Step left to left side, touch right beside left
- 7-8 Touch right to right side bumping hips, right-left

REPEAT