

拍數: 64 牆數: 4 級數: Improver
編舞者: Jan Wyllie (AUS)
音樂: Bird on a Wire - The Neville Brothers



ROCK RETURN, BACK LOCK STEP, BACK LOCK STEP, BACK LOCK STEP

1-2 Rock/step forward on right, rock back on left
3&4 Step back on right, lock/step left over right, step back on right
5&6 Step back on left, lock/step right over left, step back on left
7&8 Step back on right, lock/step left over right, step back on right

½ ROCK RETURN, ½ TURN, ½ TURN, ½ SHUFFLE, ROCK RETURN

9-10 Making ½ left rock/step forward on left, rock back on right
11 Making ½ left (back over left shoulder) step forward on left
12 Moving forward make a further ½ left stepping right
13&14 Making a further ½ left (back over left shoulder) shuffle forward left, right, left
15-16 Rock/step forward on right, rock back on left

COASTER STEP, SHUFFLE FORWARD, ROCK RETURN, ¼ ROCK RETURN

17&18 Step back on right, step left beside right, step forward on right (coaster)
19&20 Shuffle forward left, right, left
21-22 Rock/step forward on right, rock back on left
23-24 Making ¼ right rock/step right to right, rock/return weight sideways onto left

SAILOR STEP, BEHIND SIDE CROSS, SIDE ROCK RETURN, SAILOR STEP

25&26 Step right behind left, step left to left, step right to right (sailor)
27&28 Step left behind right, step right to right, step left across right
29-30 Side/rock right to right, side rock/return weight to left
31&32 Step right behind left, step left to left, step right to right (sailor)

ROCK RETURN, ¾ TURN, ROCK RETURN, COASTER STEP

33-34 Rock/step left behind right, rock forward onto right
35-36 Making ¼ right step back on left, making ½ right step right to right side
37-38 Rock/step forward on left, rock back on right
39&40 Step back on left, step right beside left, step forward on left (coaster)

ROCK RETURN&, STEP BACK BUMP HEEL, STEP BUMP STEP BUMP, STEP BUMP STEP BUMP

41-42& Rock/step forward on right, rock back on left, step right beside left
43-44 Step back on left, keeping right forward bump right heel (weight on left)
&45 Step back on right, twist left heel in and bump it
&46 Step back on left, twist right heel in and bump it
&47 Step back on right, twist left heel in and bump it
&48 Step back on left, twist right heel in and bump it

& SHUFFLE FORWARD, STEP PIVOT ¼, SAMBA CROSS, SAMBA CROSS

&49&50 Step right beside left, shuffle forward left, right, left
51-52 Step forward on right, pivot ¼ transferring weight to left
53&54 Rock/step right to right, rock/return weight to left, step right across left
55&56 Rock/step left to left, rock/return weight to right, step left across right

SIDE ROCK/RETURN&, SIDE ROCK/RETURN&, SIDE ROCK/RETURN&, SIDE ROCK/RETURN&

57-58& Rock/step right to right, rock/return weight to left, step right beside left
59-60& Rock/step left to left, rock/return weight to right, step left beside right
61-62& Rock/step right to right, rock/return weight to left, step right beside left
63&64& Rock/step left to left, rock/return weight to right, step left beside right

REPEAT

RESTART

Restart on wall 3 after count 20 (shuffle forward)
