

Fly Like A Bird (2003)

COPPERKNOB
BY STEPHEN BATES

拍數: 32 牆數: 4 級數: Intermediate/Advanced
編舞者: Chris Godden (UK)
音樂: Gossip Folks (Fatboy Slim Mix Radio Edit) - Missy Elliot



- 1,2 Cross left over right (with right hand on left hip and left hand out to left side with palm facing forward), kick right foot out to right (switch hands)
3&4 Hitch right while swinging right foot left right left (leaving left hand on right hip bringing right palm to side of head)
5&6 Step back right, close left to right step forward right
78 Hold, pivot $\frac{1}{2}$ turn left taking weight onto left
- 1,2 Forward right, forward left
3&4 Flick right foot back, hitch right with $\frac{1}{2}$ turn right on ball of left, step forward on right
5&6 Touch left toe next to right, step left next to right, step forward on right
78 Hitch left taking $\frac{1}{4}$ turn on ball of right (twist body to left to gain torque), pivot $\frac{1}{2}$ turn left on ball of right (twisting body to right to help turn)
- 1,2 Forward left, forward right
3,4 Touch left toe forward, step back on left
5,6 Touch right toe back, $\frac{1}{2}$ turn right taking weight on right
7,8 Skate diagonally forward left, right
- 1,2 Dip left knee to right leg, roll left knee out taking $\frac{1}{4}$ left leaving weight on right
3,4 Bend knees while rolling right shoulder up & back, straighten knees rolling left shoulder up & back
5&6 Touch right toe forward bumping hips forward back forward taking weight onto right (shaking right shoulder down up down)
7&8 Turn $\frac{1}{4}$ right on ball of right touching left to left side, turn $\frac{1}{4}$ right hitching left knee, turn $\frac{1}{4}$ right on ball of right touching left to left side

REPEAT

TAG: After 3rd wall, repeat 4 times to make 1 complete turn

- 12 Forward left, touch right besides left with right knee turned in
3&4 Swing right knee right-left-right while turning $\frac{1}{4}$ right taking weight onto right

On next wall replace last 4 counts with 1 $\frac{1}{4}$ paddle turn left flapping arms like a bird (step right next left on count 8)