

Fly Like A Bird

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Hedy McAdams (USA)
音樂: Fly Like a Bird - Boz Scaggs



ROCK LEFT SIDE, BACK, TURN ¼, HOLD, TURN ¼, ROCK, TURN ¼, HOLD

1-4 Rock left to side, recover to right, turn ¼ left and step left forward, hold (9:00)
5-6 Turn ¼ left and rock right to side, recover to left (6:00)
7-8 Turn ¼ right and step right forward, hold (9:00)

TURN ¼, ROCK, TURN ¼, HOLD

9-10 Turn ¼ right and rock left to side, recover to right (12:00)
11-12 Turn ¼ left and step left forward, hold (9:00)

KICK-BALL-TURN, KICK-BALL-CHANGE

13&14 Kick right forward, step right together, turn ¼ left and step left in place (6:00)
15&16 Kick right forward, step right in place, step left in place

CROSS, TURN, CROSS & CROSS, TURN ¼ SHUFFLE, TURN ¼, TURN ½

17-18 Cross/touch right over left, unwind ½ left (weight to right, 12:00)
19&20 Cross left over right, step right to side, cross left over right
21&22 Turn ¼ right and step right forward, step left together, step right forward (3:00)
23-24 Turn ¼ right and step left to side, turn ½ LEFT and step right FORWARD (12:00)

CROSS, TOUCH, CROSS, TURN ½, CROSS & CROSS, BIG STEP, SLIDE/LIFT

25-26 Cross left over right, touch right toe to side
27-28 Cross/touch right over left, unwind ½ left (weight to right, 6:00)
29&30 Cross left over right, step right to side, cross left over right
31-32 Big step right to side, drag left toward right

Lift left toe slightly to blend into step 1

REPEAT

Last Update - 17 Jan. 2019