

Bird On A Wire

拍數: 48 牆數: 4 級數: Beginner waltz
編舞者: Janelle Wallingford (AUS) & Ron Wallingford (AUS)
音樂: Bird On a Wire - Jimmy Barnes & Troy Cassar-Daley



BEHIND, STEP, FRONT, TOE, KNEE

1-3 Step left behind right, step right to right side, step left across in front of right
4-6 Touch right toe to right side, move right knee left and right

BEHIND, STEP, FRONT, TOE, KNEE

7-9 Step right behind left, step left to left side, step right across in front of left
10-12 Touch left toe to left side, move left knee right and left

SAILOR TWICE

13-15 Step left behind right, step right to right side, step left to left side
16-18 Step right behind left, step left to left side, step right to right side

ROCK BACK & FORWARD, STEP, PIVOT STEP

19-21 Rock back on left & forward on right, step forward on left
22-24 Step forward on right, pivot left ½ turn, step forward on right

LOCK STEP TWICE

25-27 (At 45 degrees angle) step left forward, step right behind left, step left forward
28-30 (At 45 degrees angle) step right forward, step left behind right, step right forward

STEP FORWARD, ROCK BACK, STEP BACK, LOCK STEP BACK

31-33 Step left forward, rock back on right, step back on left
34-36 Step back on right, step left across right, step back on right

¼ LEFT, SWAY, SAILOR

37-39 ¼ turn left and step left to left side, sway right and left
40-42 Step right behind left, step left to left side, step right to right side

SAILOR, STEP, SLIDE

43-45 Step left behind right, step right to right side, step left to left side
46-48 Long step right to right side, slide left to beside right

REPEAT

ENDING

To end the dance: on beats 43 to 48, dance as follows:

SAILOR WITH ¼ TURN, STEP, SLIDE

43-45 Step left behind right, step right to right side, ¼ turn left and place left foot forward
46-48 Long step right to right side, slide left to beside right