

The Bird

拍數: 32 牆數: 4 級數: Beginner
編舞者: Unknown
音樂: Burning Love - Travis Tritt



HAND FLIPS

Start dance with feet shoulder width apart, weight evenly distributed

Shift weight to foot in direction of lean

- 1 Lean right, flip right hand palm down to right side at shoulder level
- 2 Lean right, flip right hand palm down to right side at shoulder level
- 3 Lean left, flip left hand palm down to left side at shoulder level
- 4 Lean left, flip left hand palm down to left side at shoulder level
- 5-8 Repeats steps 1 - 4 above

HAND ROLLS (DOWN TWO, UP TWO, DOWN TWO, UP TWO)

- 9-10 Roll balled hands in forward circle to right side, bend down slightly from waist
- 11-12 Roll balled hands in forward circle to right side, raising up slightly from waist
- 13-16 Repeat steps 9-12 above, shift weight to left foot on count 16

STEP, PULL, PULL, STEP, PULL, PULL, REPEAT

- 17 Step right foot forward, putting balled hands forward
- 18 Pull balled hands toward right hip
- 19 Step left foot forward, putting balled hands forward
- 20 Pull balled hands toward left hip
- 21 Step right foot forward, putting balled hands forward
- 22 Pull balled hands toward right hip
- 23 Step left foot forward, putting balled hands forward
- 24 Pull balled hands toward left hip

HANDS TO SHOULDERS, HANDS TO HIPS

- 25 Touch right hand to left shoulder
- 26 Cross left arm over right arm and touch left hand to right shoulder
- 27 Touch right hand to right hip
- 28 Touch left hand to left hip

JUMP OUT, JUMP AND CROSS, JUMP AND TURN ¼ LEFT, CLAP

- 29 Jump out with feet spread shoulder width apart
- 30 Jump in and cross right leg in front of left leg
- 31 Jump out with a ¼ turn left and spread feet shoulder width apart
- 32 Clap hands

REPEAT
