

Songbird

拍數: 32 牆數: 4 級數: Beginner
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音樂: Songbird - Eva Cassidy



Hip-roll Left, Right, Left, Cross Forward.

- 1 LF step left.
- 2 RF step right.
- 3 Change weight to LF.
- 4 RF next to LF.
- 5 Hold or transfer weight to Right hip.
- 6 LF step to left.
- 7 Change weight to RF.
- 8 LF cross in front RF.

Make 4/4 Spiral Turn, 4/4 Chaine Turn, Hold, 1/4 Turn, 3/4 Turn, Hold.

- 1 4/4 turn over right.
- 2 1/4 turn right while doing this RF forward.
- & 1/4 turn right while doing this LF close next RF.
- 3 1/2 turn right while doing this RF step to right.
- 4, 5 Hold or transfer weight total on RF.
- 6 1/4 turn over right while doing this LF step forward.
- 7 1/2 turn over right, keep weight on LF.
- 8 Hold.

Weight Change, Step Forward, Step Forward, Spiral, Posse, 1/2 Turn Spiral, Step Forward.

- & RF touch next to LF
- 1 Change weight to RF.
- 2 LF step forward.
- 3 RF step forward.
- 4 Turn 4/4 over left.
- & LF step forward.
- 5 Turn 1/4 over left, while doing this bend through LF and point RF to right.
- 6 Straighten LF leg a little bit.
- 7 Straighten LF while doing this make 1/4 spiral over right.
- 8 RF step forward.

1/4 Turn, Forward, 1/2 Flick Turn, Hold, Rock Step, 3/4 Turn Ronde, Sailor Step.

- & 1/4 turn while doing this Lf step left.
- 1 1/2 turn over right while doing this make an flick with RF.
- 2 RF step right.
- 3-5 Hold (or grow, breath, melt into RF).
- 6 LF rock forward.
- 7 3/4 turn over left while doing this make an ronde with LF.
- 8 LF cross backwards RF.
- & RF next to LF.

Start all over again have fun