

Songbird

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Frankie Cull (UK) - March 2009
音樂: Songbird - Eva Cassidy



Intro: 24 counts

(1-8) Walk Right & Left, mambo forward, pivot full turn Right, step back, 1/2 shuffle turn Right

- 1-2 Step forward on Right, step forward on Left
- 3&4 Rock forward onto Right foot, recover weight on Left, step Right back next to Left
- &5 Plonk Left foot forward, turn 1/2 Right (6 o'clock)
- 6 Continue turning another 1/2 Right & step Left foot back (12 o'clock)
- 7&8 Turn 1/4 Right stepping Right foot to Right side, step Left foot next to Right, turn 1/4 Right stepping Right foot forward (6 o'clock)

(9-16) Cross rock recover, triple turn left, cross rock recover, chassis right

- 1-2 Cross rock Left foot across in front of Right, recover weight onto Right foot
- 3&4 Turn 1/4 Left stepping Left foot forward, continue turning 1/2 Left & step back onto Right, turn 1/4 Left stepping Left foot to Left side
- 5-6 Cross rock Right foot across in front of Left, recover weight onto Left foot
- 7&8 Step Right foot to Right side, step Left foot next to Right, step Right foot to Right side (6 o'clock)

(17-24) Cross, syncopated back back cross x 2, side step right, sailor 3/4 left, 1/2 turn leg raise

- 1 Cross step Left foot across in front of Right
- 2&3 Step Right foot slightly back, step Left foot back, cross Right foot over Left
- &4& Step Left foot slightly back, step Right foot back, cross Left foot over Right
- 5 Step a large step to Right side with Right foot dragging left foot slightly towards Right
- 6&7 Cross Left foot behind Right foot, turn 1/4 Left side stepping in place with Right foot, turn 1/4 Left & step Left foot forward (9 o'clock)
- 8 With weight on Left foot turn 1/2 Left sharply as Right leg is raised straight out to the back (3 o'clock)

(25-32) Large step back, coaster, step lock unwind full turn, full triple Right

- 1 Step Right foot back a large step (3 o'clock)
- 2&3 Step Left foot slightly back, step Right foot next to Left foot, step Left foot forward
- &4 Spring forward onto Right foot, lock Left foot behind Right foot
- 5-6 With weight on both feet slowly unwind full turn Left ending with weight on the Left
- 7&8 Step Right foot forward, turning 1/2 Right step Left foot foot back, turning another 1/2 Right step Right foot forward (3 o'clock)
- & Small step forward on Left foot