

Fly Like A Bird

COPPER KNOB
BYEFOOTPRINTS

拍數: 0 牆數: 2 級數: Phrased Intermediate
編舞者: GS Ang (MY) - February 2010
音樂: Zi You Fei Xiang - Kenny Wong Chee Ping



Alt. Music: Zi You Fei Xiang by Phoenix Legend Band

Sequence of dance: A(16)/B/A/B/B/tag/A/B/tag/B/A/A(20)/B/B(20)ending.
Start after 32 counts of hard beats.

Section A

TWIST RIGHT, TRIPLE FULL LEFT, SIDE, TOUCH, HIP BUMPS LRL

- 1&2 Twist right on heels/toes/heels
- 3&4 Triple full turn left on LRL
- 5-6 Step right to right side dipping right shoulder, touch left together raising right shoulder
- 7&8 Step left to left side bumping hips LRL

"TAP-TAP-BACK, TAP, STEP" X 2

- 1&2 Tap right twice, step right diagonally back bending body back
- 3-4 Tap left diagonally forward, step left down bending body forward
- 5&6 Tap right twice, step right diagonally back bending body back
- 7-8 Tap left diagonally forward, step left down bending body forward

STOMP, STOMP, SQUAT, RECOVER, TURN, PALM, &FLICK, TOUCH

- 1-2 Stomp right forward, stomp left to left side
- 3-4 Squat down, straighten up
- 5-6 Turning $\frac{1}{4}$ left touch left forward putting right palm out (palm facing ground), place left palm on top of right palm
- 7-8 Step left together flicking right back & swinging both hands back and up like wings, touch right together

TURN-SIDE, TOGETHER, HIP BUMPS, SIDE, TOGETHER, HIP BUMPS

- 1-2 Turning $\frac{1}{4}$ left step right to right side dipping right shoulder, step left together
- 3&4 Bump hips RLR
- 5-6 Step left to left side dipping left shoulder, step right together
- 7&8 Bump hips LRL

Section B

BASIC CHA CHA

- 1-2 Rock right forward, recover onto left
- 3&4 Cha cha backward on RLR
- 5-6 Rock left back looking back, recover onto right
- 7&8 Cha cha forward on LRL

WALK FORWARD RLRL WITH ARM SWING, TOUCH FORWARD & BACK, PUNCH RIGHT FIST DOWN TWICE

- 1-2 Walk right forward swinging both arms right, walk left forward swinging both arms left
- 3-4 Walk right forward swinging both arms right, walk left forward swinging both arms left
- 5-6 Touch right forward, touch right back bending body forward
- 7&8 Punch right fist towards the floor, pull fist up and punch again

RIGHT & LEFT SCUFF-HITCH-STOMP WITH FORWARD PALM PUSHES

- 1&2 Scuff right forward, hitch right knee, stomp right to right diagonal

- 3-4 Push both palms forward twice with body facing right diagonal
- 5&6 Scuff left forward, hitch left knee, stomp left to left diagonal
- 7-8 Push both palms forward twice with body facing left diagonal

LEFT & RIGHT DIAGONAL ROCK STEPS, PADDLE ¼ TURN LEFT X 2

- 1&2 Rock right forward diagonally, recover onto left, rock right forward again
- 3&4 Rock left forward diagonally, recover onto right, rock left forward again
- 5-6 Step right forward, ¼ turn left shifting weight onto left swinging both hands over head
- 7-8 Step right forward, ¼ turn left shifting weight onto left swinging both hands over head

TAG

- 1-2 Touch right toes diagonally forward bending body back, step right together
- 3-4 Touch left toes diagonally forward bending body back, step left together

ENDING: 1-4 Step right forward, pivot ½ turn left, step right together, raise right hand

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