

# The Bird

**COPPER** **NOB**  
BY STEPHEN

拍數: 44      牆數: 1      級數: Improver Contra Party  
編舞者: Chris Jackson (UK) - December 2011  
音樂: Surfin' Bird - The Trashmen



4 count intro

## **TWIST AND TWIST AND TWIST AND TWIST AND**

1&2&3&4& Touch Right toe forward and twist hips and arms R/L R/L R/L R/L

## **STEP BACK, TOUCH, STEP FORWARD, TOUCH**

5678 Step back on Right, touch Left toe back, step forward Left, touch Right toe forward

## **TWIST AND TWIST AND TWIST AND TWIST AND**

9&10&11&12& Touch Right toe forward and twist hips and arms R/L R/L R/L R/L

## **STEP BACK, TOUCH, STEP FORWARD, TOUCH**

13 - 16 Step back on Right, touch Left toe back, step forward Left, touch Right toe forward

## **CROSS, BACK, SIDE, CROSS, BACK, TURN, CROSS, BACK**

17 - 24 Cross Right over Left, step back Left, step Right to Right side, cross Left over Right, step back Right, make a quarter turn Left stepping forward on Left, cross Right over Left, step back Left

## **SIDE, IN FRONT, SIDE, BEHIND, SIDE, IN FRONT, SIDE, TOGETHER**

25&26&27&28& Step Right to Right side, cross Left over Right, step Right to Right side, step Left behind Right, step Right to Right side, cross Left over Right, step Right to Right side, step Left next to Right

## **TWIST AND TWIST AND KICK-BALL CHANGE**

29&30&31&32 Twist hips and arms L/R L/R, kick Left forward, step Left in place, step Right in place

## **SIDE, BEHIND, SIDE, IN FRONT, SIDE, BEHIND, SIDE, TOGETHER**

33&34&35&36& Step Left to Left side, step Right behind Left, step Left to Left side, cross Right over Left, step Left to Left side, step Right behind Left, step Left to Left side, step Right next to Left

## **TWIST AND TWIST AND KICK-BACK CHANGE**

37&38&39&40 Twist hips R/L R/L, kick Right forward, step Right in place, step Left in place

## **PIVOT A HALF, PIVOT A QUARTER**

41,42,43,44 Step forward Right, pivot a half turn Left, step forward Right, pivot a quarter turn Left

## **START AGAIN!**

Choreographer's note: dance through middle section where there is a break in the music and get dancers to shout out steps as they do it to keep time.