

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Shanthie De Mel (AUS) - January 2011
音樂: Rockin' Robin - Megan Joy : (American Idol 8 - 2:30)



Begin: Weight on L. 32 count Intro. Start on "...Rocks in the tree top..."

Please exaggerate the bird moves to make it a fun dance!

For split floors see Beginner line dance – 'Bird dance' by Shanthie De Mel

SIDE-HOP, HOLD, SIDE-HOP, HOLD, FWD, HOLD, FLAP, FLAP (with wing moves)

1, 2, 3, 4 Hop on ball of R to right side, hold, hop on ball of L to left side, hold
5, 6, 7, 8 Hop R fwd, hold, bring bent elbows to waist, (wings) & flap them in & out x2 (12:00)

SIDE-HOP, HOLD, SIDE-HOP, HOLD, FWD, HOLD, FLAP, FLAP

1, 2, 3, 4 Hop on ball of L to left side, hold hop on ball of R to right side, hold,
5, 6, 7, 8 Hop L fwd, hold, bring bent elbows to waist, (wings) & flap them in & out x2 (12:00)

BACK, HOLD, WIGGLE, BACK, HOLD, WIGGLE (with tail moves)

1, 2 * Step R back, hold
3, 4 Bending knees stick out bottom, push arms back & wiggle (tail) for 2 counts
5, 6 Step L back, hold
7, 8 Bending knees stick out bottom push arms back & wiggle (tail) for 2 counts (12:00)

HEEL-FLICK, TOG, HEEL-FLICK, TOG, HANDS, HANDS, HANDS, HOLD (with beak moves)

1, 2, 3, 4 Flick R heel back, step together, flick L heel back, step together
5, 6, 7, 8 Open & close fingers fwd (beaks) at shoulders, three times, 1 count each time, hold (12:00)
(when the song says - "Tweet, Tweet, Tweet")

THREE POINT ROCKING CHAIR, FWD, CLAP- CLAP

1, 2, 3, 4 Rock R fwd, return L, rock R to right side, return L
5, 6, 7, &8 Rock R back, return L, step R fwd, clap, clap (claps on &8) (12:00)

THREE POINT ROCKING CHAIR, FWD, CLAP- CLAP

1, 2, 3, 4 Rock L fwd, return R, rock L to left side, return R
5, 6, 7, &8 Rock L back, return R, step L fwd, clap, clap (claps on &8) (12:00)

BACK TOE-HEEL, TOE-HEEL, FLAP, FLAP

1, 2, 3, 4 Step R toe back, drop R heel, step L toe back, drop L heel
5, 6, 7, 8 Bring bent elbows to waist, & flap them in & out x2 (12:00)

2 PADDLES 1/4 LEFT, CROSS, HOLD, SIDE, HOLD

1, 2, 3, 4 Step R fwd, turn 1/4 left on L, (9:00) step R fwd, turn 1/4 left on L (6:00)
5, 6, 7, 8 Cross R over L, hold, step L to left side, hold. (6:00)

Ending – Optional: On the last wall, facing 6:00 stop at count 18* = (R back, hold).

Cross L over R & slow unwind 1/2 right to face 12:00 for the end of music.