

Fly Easy Like A Bird!

COPPER **NOB**
BY STEPHENIE

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Shanthie De Mel (AUS) - May 2012
音樂: Fly Like a Bird - Boz Scaggs



32 count intro. Start on vocals. - Rotation right.

(1-8) STEP FORWARD. HIP BUMPS. FLICK. x2

1, 2, 3, 4 Step L diagonally forward to left side. Bump hips R-L. Flick R out.
5, 6, 7, 8 Step R diagonally forward to right side. Bump hips L-R. Flick L out. (12:00)

(9-16) ROCK. RECOVER. CROSS. HOLD. x2

1, 2, 3, 4 Rock L to left side. Recover R. Cross L over R. Hold.
5, 6, 7, 8 Rock R to right side. Recover L. Cross R over L. Hold. (12:00)

(17-24) SIDE. HOLD. TAP BEHIND WITH WING MOVES. x2

1, 2, 3, 4 Step L to left side. Hold. Tap R behind L & flap both outstretched arms twice for 2 counts.
5, 6, 7, 8 Step R to right side. Hold. Tap L behind R & flap both outstretched arms twice for 2 counts.(12:00)

NOTE: On 'tap & flap' bend both knees, like a curtsy & smile!

(25-32) SIDE. HOLD. TAP BEHIND WITH WING MOVES. TURN 1/4 RIGHT SIDE. DRAG.TOUCH.

1, 2, 3, 4 Step L to left side. Hold. Tap R behind L & flap both outstretched arms twice for 2 counts.
5, 6, 7, 8 Turning 1/4 right make a big step R to right side. Drag L to R for 2 counts. Touch to R. (3:00)

OPTIONAL – For the last 2 counts, as L is slowly dragged to R, swing both arms from left to right saying "Woooooh"!

Last Update - 4 Jul. 2024 - R1