

Bird Set Free

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Gregory Danvoie (BEL) - February 2016

Musik: Bird Set Free - Sia



S1. Side, back rock, recover, x2, step, 1/4 turn R with sweep, rock Fwd, recover, 1/2 turn L, step, pivot 1/2 turn L, step

- 1-2& step RF to the R, LF back rock, recover
- 3-4& step LF to the L, RF back rock, recover
- 5 Step RF with 1/4 turn to the R with a sweep
- 6&7 LF rock forward, recover, step LF with 1/2 turn to the L
- 8&1 step RF, 1/2 turn to the L, step RF

S2. Full turn R, 1/2 turn R, back rock, recover, Walk, walk, cross, back, heel

- 2&3 full turn to the R, LF back with 1/2 turn to the R
- 4&5 RF back rock, recover, Walk RF
- 6 Walk LF
- 7&8 cross RF in front of LF , LF back , RF Heel

S3. Return, cross rock Fwd, recover, 1/4 turn L, cross rock Fwd, recover, 1/4 turn R, step, 1/2 turn R, full turn R, 1-4 turn R

- 1&2 RF return next to the LF , LF cross rock forward, recover, step the LF to the L with 1/4 turn to the L
- 3&4 RF cross rock forward, recover, step RF to the R with 1/4 turn R
- 5-6 Step LF , pivot 1/2 turn to the R
- 7&8 full turn to the R, step LF with 1/4 turn to the R

S4. Back rock, recover, Side, behind, Side , cross , step, Side, back, behind, Side , cross

- 1&2 RF back rock , recover , step the RF to the R
- 3&4 cross LF behind RF , step the RF to the R, cross LF in front of RF
- 5&6 RF step in diagonal , step the LF to the L , back RF
- 7&8 cross LF behind RF , step the RF to the R, cross LF in front of RF

Restart : at 5th wall : at the end of the 2nd section , after RF Heel; point RF next to the LF And ... Restart!

Contact: gregoire18@hotmail.com