

Fly Like a Bird

COPPER KNOB
STEPSHEETS

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Wendy Haggerty (USA) - April 2022

Musik: Fly Like a Bird - Boz Scaggs



ROCK R, RECOVER, CROSS, HOLD, ROCK L, RECOVER, CROSS, HOLD

- 1-2 Rock R to R side, recover L
- 3-4 Cross R over L, hold
- 5-6 Rock L to L side, recover R
- 7-8 Cross L over R, hold

STEP R, TAP BEHIND, STEP L, TAP FWD, X2

- 1-2 Step R to R side, tap L behind R
- 3-4 Step L to L side, tap R in front of L
- 5-6 Step R to R side, tap L behind R
- 7-8 Step L to L side, tap R in front of L

GRAPEVINE, GRAPEVINE ½ WITH HITCH

- 1-2 Step R to R side, step L behind R
- 3-4 Step R to R side, touch L beside R
- 5-6 Step L to L side, Step R behind L
- 7-8 Step L ¼ turn to L side, hitch R knee up forward

ROCKING CHAIR X2

- 1-2 Step R forward, recover L
- 3-4 Step R back, recover L
- 5-6 Step R forward, recover L
- 7-8 Step R back, recover L

Enjoy and spice it up!

Contact choreographer: Whaggerty2016@gmail.com/www.DancewithWendy.com

NOTE: this dance was choreographed in support of people with Parkinson's Disease.

It is appropriate for people with Parkinson's and other neuromuscular challenges but can be danced by anyone.
