And The Bluebird Sings

Count: 32

Level: Beginner

Choreographer: Janet Cummings (USA) - August 2019

Music: Bluebird - Miranda Lambert : (Album: Wildcard)

Intro: 16 Counts SECTION 1: R CHASSE, L COASTER STEP; R CHASSE, L KICK-BALL-CHANGE 1&2.3&4 R Side Shuffle (R, L, R), L Step Back, R Step Back, L Step Forward 5&6,7&8 R Side Shuffle (R, L, R), L Kick Forward, L Step on Ball of Foot, R Step/Changing Weight SECTION 2: L CHASSE, R COASTER STEP, L CHASSE, R KICK-BALL-CHANGE 1&2.3&4 L Side Shuffle (L, R, L), R Step Back, L Step Back, R Step Forward 5&6,7&8 L Side Shuffle, (L, R, L), R Kick Forward, R Step on Ball of Foot, L Step/Changing Weight SECTION 3: L CHASE TURN, R TRIPLE TURN; R HEEL, BALL, CHANGE, X2 MOVING EACH SLIGHTLY BACK 1&2 R Step Forward, Pivot 1/2 Turn Left, Step L, Step R Forward Pivot ¼ Turn Right, Step Back on L, Pivot ½ Turn R, Step Back on R, Pivot ¼ Turn Right, L 3&4 Step Tog. 5&6 R Heel Tap Forward, Step on R Ball, L Step Back Slightly Taking Weight R Heel Tap Forward, Step on R Ball, L Step Back Slightly Taking Weight 7&8 NOTE: If a triple turn is problematic, (Steps 3&4) do a straight shuffle forward (L, R, L) SECTION 4: TURN ¼ LEFT, THEN START TRAVELLING RIGHT: R SIDE, BEHIND, SIDE, BEHIND, SIDE, BEHIND, SIDE, TOUCH; THEN LEFT: SIDE, BEHIND, SIDE, BEHIND, SIDE, BEHIND, SIDE, TOUCH On Ball of L Foot, Turn Left ¼, Step R to Side, Step L Behind, Step R To Side, Step L &1&2&3&4& Behind, Step R to Side, Step L Behind R, Step R To Side, Touch L Step L To Side, Step R Behind, Step L To Side, Step R Behind, Step L To Side, Step R 5&6&7&8& Behind, Step L To Side, Touch R Love the easy, flowy beat of this song. Dance to lower your less stress. Dance for physical and mental health. Lord, keep us moving one step at a time.

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