# Fly Like A Bird



Count: 0 Wall: 2 Level: Phrased Intermediate

Choreographer: GS Ang (MY) - February 2010

Music: Zi You Fei Xiang - Kenny Wong Chee Ping



## Alt. Music: Zi You Fei Xiang by Phoenix Legend Band

Sequence of dance: A(16)/B/A/B/B/tag/A/B/tag/B/A/A(20)/B/B(20)ending.

Start after 32 counts of hard beats.

#### Section A

## TWIST RIGHT, TRIPLE FULL LEFT, SIDE, TOUCH, HIP BUMPS LRL

1&2 Twist right on heels/toes/heels3&4 Triple full turn left on LRL

5-6 Step right to right side dipping right shoulder, touch left together raising right shoulder

7&8 Step left to left side bumping hips LRL

## "TAP-TAP-BACK, TAP, STEP" X 2

1&2	Tap right twice, step right diagonally back bending body back
3-4	Tap left diagonally forward, step left down bending body forward
5&6	Tap right twice, step right diagonally back bending body back
7-8	Tap left diagonally forward, step left down bending body forward

## STOMP, STOMP, SQUAT, RECOVER, TURN, PALM, &FLICK, TOUCH

1-2 Stomp right forward, stomp left to left side

3-4 Squat down, straighten up

5-6 Turning ¼ left touch left forward putting right palm out ( palm facing ground ), place left palm

on top of right palm

7-8 Step left together flicking right back & swinging both hands back and up like wings, touch

right together

## TURN-SIDE, TOGETHER, HIP BUMPS, SIDE, TOGETHER, HIP BUMPS

1-2 Turning ¼ left step right to right side dipping right shoulder, step left together

3&4 Bump hips RLR

5-6 Step left to left side dipping left shoulder, step right together

7&8 Bump hips LRL

### Section B

## **BASIC CHA CHA**

1-2 Rock right forward, recover onto left

3&4 Cha cha backward on RLR

5-6 Rock left back looking back, recover onto right

7&8 Cha cha forward on LRL

# WALK FORWARD RLRL WITH ARM SWING, TOUCH FORWARD & BACK, PUNCH RIGHT FIST DOWN TWICE

1-2	Walk right forward swinging both arms right, walk left forward swinging both arms left
3-4	Walk right forward swinging both arms right, walk left forward swinging both arms left
5-6	Touch right forward, touch right back bending body forward

7&8 Punch right fist towards the floor, pull fist up and punch again

## RIGHT & LEFT SCUFF-HITCH-STOMP WITH FORWARD PALM PUSHES

1&2 Scuff right forward, hitch right knee, stomp right to right diagonal

3-4 5&6 7-8	Push both palms forward twice with body facing right diagonal Scuff left forward, hitch left knee, stomp left to left diagonal Push both palms forward twice with body facing left diagonal	
LEFT & RIGHT DIAGONAL ROCK STEPS, PADDLE 1/4 TURN LEFT X 2		
1&2	Rock right forward diagonally, recover onto left, rock right forward again	
3&4	Rock left forward diagonally, recover onto right, rock left forward again	
5-6	Step right forward, ¼ turn left shifting weight onto left swinging both hands over head	
7-8	Step right forward, ¼ turn left shifting weight onto left swinging both hands over head	
TAG		
1-2	Touch right toes diagonally forward bending body back, step right together	
3-4	Touch left toes diagonally forward bending body back, step left together	

ENDING: 1-4 Step right forward, pivot ½ turn left, step right together, raise right hand

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