

No Wings

Compte: 48

Mur: 4

Niveau: Intermediate



Chorégraphe: Sarah Wilson - December 2015

Musique: Flightless Bird, American Mouth - Iron & Wine : (Album: Iron and Wine - from Twilight Soundtrack)

Start dance on word "Quick"

Left Twinkle, Cross right over left, Sweep left out and round, Left Twinkle, Weave left

1 2 3 Cross left over right, rock right to right side, recover on to left

4 5 6 Cross right over left, sweep left from back to front

1 2 3 Cross left over right, rock right to right side, recover on left

4 5 6 Cross right over left, step left to left side, cross right behind left

Step left, Touch right, Step right, Touch left, Step left, Touch right, Step back on right, Touch left

1 2 3 Step left foot to left side, slide right foot to meet left foot

4 5 6 Step right foot to right side, slide left foot to meet right foot

1 2 3 Step left to left side, slide right foot to meet left foot

4 5 6 Step back on right, slide left foot to meet right foot

Step forward on left, Touch right, Grapevine to right, Diagonal cross rock, Recover

1 2 3 Step forward on left, slide right foot to left foot

4 5 6 Step right to right side, step left behind right, step right to right side

1 2 3 Rock on to left facing diagonal (over 3 counts)

4 5 6 Recover on to right (over 3 counts)

1 and ¼ turn left, Sway right, Sway left, Toe unwind full turn right, Sweep left leg from back to front

1 2 3 Step left to left side and make a 1 and ¼ turn over left shoulder

Alternative option - Grapevine left with quarter turn

4 5 6 Sway right (over 3 counts)

1 2 3 Sway left (over 3 counts)

4 5 6 Cross right behind left unwind a full turn sweep left leg from back to front

Contact: sarahaw1@yahoo.co.uk