

# Fly Like a Bird

**COPPER** KNOB  
STEPPERS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Wendy Haggerty (USA) - April 2022  
音乐: 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 1/4 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 1/4 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](mailto:Whaggerty2016@gmail.com)/[www.DancewithWendy.com](http://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.

Last Update - 19 Jul. 2024 - R1