Happy Bird



拍数: 32 墙数: 4 级数: Intermediate

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音乐: The Bird of Happiness - Vitas



Start after 36 count (14 Sec)

[1-8] Kick Ball Step, Fwd, Twist 1/4 Turn L, Coaster, Fwd, 1/4 Turn R

1&2 Kick right forward, ball of right down, Step left forward.

3,4 Step right forward, twist both heels R & 1/4 turn left weight on left.

5&6 Step right back, step left next to right, step right forward.

7,8 Rock left forward, 1/4 turn right recover on right.

[9-16] Fwd, Twist 1/4 Turn R, Coaster, Cross, Sweep, Cross, Side

1,2 Step left forward, twist both heels L & 1/4 turn right weight on right.

3&4 Step left back, step right next to left, step left forward.5,6 Cross right over left, sweep left from back to front.

7,8 Cross left over right, step right to right.

[17-24] Sailor, Cross, Side, Back 1/4 Turn Right, Recover, Full Turn

1&2 Cross left behind right, step right to right, step left to left.

3,4 Cross right over left, step left to left.

5,6 1/4 Turn right step right back, recover on left.

7,8 1/2 Turn left step right back, 1/2 turn left step left forward. (*)

(Easy Option: 78 Step right forward, step left forward)

Restart: (*)After 24 counts on Wall 9 (6:00)

[25-32] Side Shuffle, behind, Recover, Sweep, 1/4 Turn Right Touch, Step, Bump

1&2 Step right to right, step left next to right, step right to right.

3,4 Step left behind right, recover on right.

5&6 Sweep left from back to front,1/4 Turn right touch left toe next to right, step left heel down.

7&8 Step right Forward & bump hips R,L,R. (**)

(**) After end of wall 12 (9:00), Hold 8 counts. (Hands Style: like a bird flying)

Tag: After end of wall 4 (12:00)

[1-8] Right Side Shuffle, Behind, Recover, Left Side Shuffle, behind, Recover

1&2 Step right to right, step left next to right, step right to right.

3,4 Step left behind right, recover on right.

Step left to left, step right next to left, step left to left.

7,8 Step right behind left, recover on left.

Ending: After end of wall 13 (6:00)

[1-5] Kick-Ball-Step, Fwd, 1/2 Turn Left, Fwd.

1&2 Kick right forward, ball of right down, Step left forward.

3,4 Step right forward, 1/2 turn left recover on left.

5 Step right forward & pose.

Have Fun!

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