I'm A Bird

拍数: 64   **墙数:** 4   **级数:** Beginner / Improver

编舞者: Kiara Van Calster - April 2012

音乐: I'm a Bird - Marco Z

Intro: 32 counts

R heel, hook, heel, together, L heel, hook, heel, together

1	RF touch heel forward
2	RF hook in front of LF
3	RF touch heel forward
4	RF step next to LF
5	LF touch heel forward
6	LF hook in front of RF
7	LF touch heel forward
8	LF step next ot RF

Shuffle Fwd right, left, with hold

1	Step RF forward
2	Step LF next to RF
3	step RF forward
4	Hold
5	Step LF forward
6	Step RF next to LF
7	Step LF forward
8	Hold

Right grapevine with touch, Left grapevine with touch

1	Step RF to R side
2	Cross LF behind RF
3	Step RF to R side
4	Tap LF next to RF
5	Step LF to L side
6	Cross RF behind LF
7	Step LF to L side
8	tap RF next to LF

Toe touches right and left, Heel touches right and left

1	RF point toe to R side
2	Step RF next to LF
3	LF point toe to L side
4	Step LF next to RF
5	RF touch heel forward
6	Step RF next to LF
7	LF touch heel forwared
8	Step LF next to RF

JazzBox with Toestruts, ¼ turn right

1	Cross toe RF over LF
2	Lower heel RF
3	Step toe LF backwards
4	Lower heel LF

5	Touch toe RF ¼ turn right forward
6	lower heel RF
7	Touch toe LF forward
8	Lower heel LF

Weave right ¼ turn right

1	Step RF to R side
2	Cross LF behind RF
3	Step RF to R side
4	Cross LF over RF
5	Step RF to R side
6	Cross LF behind RF
7	Step RF ¼ turn right forward
8	Step LF next to RF

Toe touches out-in-out; hold; behind-side-cross

1	Tap RF to R side
2	Tap RF next to LF
3	Tap RF to R side
4	Hold
5	Cross RF behind LF
6	Step LF to L side
7	Cross RF over LF
8	Hold

Toe touches out-in-out;hold;behind-side-cross

1	Tap LF to L side
2	Tap LF next to RF
3	Tap LF to L side
4	Hold
5	Cross LF behind RF
6	Step RF to R side
7	cross LF over RF
8	Hold

START AGAIN

Restarts:-
R1. dance walls 3 and 6 up to count 19; count 20 = close LF and restart

R2. Dance 5th wall up to count 48(end of section 6) and restart