

And The Bluebird Sings

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Janet Cummings (USA) - August 2019
音樂: Bluebird - Miranda Lambert : (Album: Wildcard)



Intro: 16 Counts

SECTION 1: R CHASSE, L COASTER STEP; R CHASSE, L KICK-BALL-CHANGE

1&2, 3&4 R Side Shuffle (R, L, R), L Step Back, R Step Back, L Step Forward
5&6, 7&8 R Side Shuffle (R, L, R), L Kick Forward, L Step on Ball of Foot, R Step/Changing Weight

SECTION 2: L CHASSE, R COASTER STEP, L CHASSE, R KICK-BALL-CHANGE

1&2, 3&4 L Side Shuffle (L, R, L), R Step Back, L Step Back, R Step Forward
5&6, 7&8 L Side Shuffle, (L, R, L), R Kick Forward, R Step on Ball of Foot, L Step/Changing Weight

SECTION 3: L CHASE TURN, R TRIPLE TURN; R HEEL, BALL, CHANGE, X2 MOVING EACH SLIGHTLY BACK

1&2 R Step Forward, Pivot ½ Turn Left, Step L, Step R Forward
3&4 Pivot ¼ Turn Right, Step Back on L, Pivot ½ Turn R, Step Back on R, Pivot ¼ Turn Right, L Step Tog.
5&6 R Heel Tap Forward, Step on R Ball, L Step Back Slightly Taking Weight
7&8 R Heel Tap Forward, Step on R Ball, L Step Back Slightly Taking Weight

NOTE: If a triple turn is problematic, (Steps 3&4) do a straight shuffle forward (L, R, L)

SECTION 4: TURN ¼ LEFT, THEN START TRAVELLING RIGHT: R SIDE, BEHIND, SIDE, BEHIND, SIDE, BEHIND, SIDE, TOUCH; THEN LEFT: SIDE, BEHIND, SIDE, BEHIND, SIDE, BEHIND, SIDE, TOUCH

&1&2&3&4& On Ball of L Foot, Turn Left ¼, Step R to Side, Step L Behind, Step R To Side, Step L Behind, Step R to Side, Step L Behind R, Step R To Side, Touch L
5&6&7&8& Step L To Side, Step R Behind, Step L To Side, Step R Behind, Step L To Side, Step R Behind, Step L To Side, Touch R

Love the easy, flowy beat of this song. Dance to lower your less stress.

Dance for physical and mental health. Lord, keep us moving one step at a time.

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