

Bird Set Free

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Doris Ebersberger (AUT) - January 2021
音樂: Bird Set Free - Sia



Dance begins after 16 Counts (at the beginning of the drums)

S1: Step, Cross, Point, 5/8 R, Hitch, Cross, Side-Rock, Cross, Side Behind ¼ R, Step

1&2 Step R fwd in Diagonal (10:30), Cross L over R, Point R to R side
3&4 5/8 R on L, Hitch R, Cross R over L (06:00)
5&6& Rock Out L to L side, Recover on R, Cross L over R, Step R to R side
7&8 Step L back, ¼ R Stepping R fwd, Step L fwd (09:00)

S2: Side, Behind, Point, ½ R, Together, Point, Step, Step, Step [optional: ½ R], Step [optional: ½ R], Step

1&2 Step R to R side, Cross L behind R, Point R to R side
3&4 ½ R on L, Step R next to L, Point L to L (03:00)
5-6 Step L fwd, Step R fwd
7&8 Run LRL fwd

[optional: ½ R Stepping L back (09:00), ½ R Stepping R fwd (03:00), Step L fwd]

S3: ½ Pivot L, Step, Lock-Step, Rock-Hold-Back, Triple-¼ L

1&2 Step R fwd, ½ L on R, Step L fwd (09:00)
3&4 Step R fwd, Lock L behind R, Step R fwd
5&6 Rock L fwd [optional: stretch out arms sideways] Hold [optional: bend upper body fwd and put head down], Recover on R [optional: straighten upper body and look fwd]
7&8 Step L to L side, Step R next to L, ¼ L on L (06:00)

S4: Side-Rock, Cross, Touch, Side-Rock, Cross, Touch, 3/8 L, Together, Cross, Side-Rock, Step

1&2& Rock Out R to R side, Recover on L, Cross R over L, Touch L behind R
3&4& Rock Out L to L side, Recover on R, Cross L over R, Touch R behind L
5&6 3/8 L Stepping back on R (03:00), Ball L next to R, Cross R over L
7&8 Rock Out L to L side, Recover on R, Step L fwd

Restart in 5th Wall, after 16 Counts, after vocals 'But I fought back loud, oh'

In Wall 5 (10:30) dance S1 fully and S2 until Count 12 (03:00)

13-14 Step L fwd, Step R fwd
15&16 Run LR fwd, 1/8 L Stepping L fwd (01:30)

[optional: ½ R Stepping L back (09:00), ½ R Stepping R fwd (03:00), 1/8 L Stepping L fwd (01:30)]

Special thanks to my good friend Renate Teuschl for supporting and encouraging me!