

Bird In A Cage

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 4 級數: Advanced
編舞者: John Robinson (USA)
音樂: Little Bird - Sherrié Austin



Sequence: The basic dance is AB, AB, AA, AB, B. If using the extended mix of the song, it's ABC, AB, AA, AB, B, AB, BC. Each time Sherrié begins the chorus ("Ooh, whatcha gonna do"), you do Part B. As for Part C, remember that in between each verse/chorus combination, you do something Cool

PART A

RIGHT SIDE SHUFFLE, ROCK, STEP, LEFT KICK-BALL-CROSS, STEP ¼ TURN LEFT, PIVOT ¼ TURN LEFT WITH RIGHT TOE POINT

- 1&2 Right step side right, left step next to right, right step side right
- 3-4 Left rock ball of foot behind right heel, right step in place
- 5&6 Left kick forward toward left angle, left step ball of foot next to right, right step across left
- 7-8 Left step into ¼ turn left, pivot ¼ left on ball of left with right toe point to right side

LEFT WEAVE, LEFT TOUCH, TURN LEFT KNEE IN, OUT-IN, LEFT HIP SHAKE

- 1&2 Right step behind left, left step side left, right step across left
- 3-4 Left toe touch side left about shoulder-width apart from right, left knee turn in toward right leg
- 5-6 Left knee turn out, left knee turn in
- 7-8 Bump hips left, bump hips right keeping weight on right

LEFT SIDE SHUFFLE, ROCK, STEP, RIGHT KICK-BALL-CROSS, RIGHT STEP, LEFT SLIDE

- 1&2 Left step side left, right step next to left, left step side left
- 3-4 Right rock ball of foot behind left heel, left step in place
- 5&6 Right kick forward toward right angle, right step back ball of foot, left step across right
- 7-8 Right large step side right, left slide next to right keeping weight on right

LEFT STOMP, HOLD, RIGHT STEP FORWARD, HOLD, SLOW 4-COUNT ½ PIVOT LEFT (WITH OPTIONAL HEEL BOUNCES)

- 1-2 Pivot ¼ turn left on ball of right with left stomp forward, hold
- 3-4 Right step forward, hold
- 5-8 Slowly pivot ½ left, ending with weight forward on left foot

Option: Bounce heels to floor 4 times while executing slow pivot turn on counts 5-8. Be sure to finish with weight forward on left foot

PART B

RIGHT HEEL GRIND, COASTER STEP, LEFT HEEL GRIND, COASTER STEP

- 1-2 Right heel touch forward with toe angled left, grind heel turning toe from left to right
- 3&4 Right step back on ball of foot, left step next to right on ball of foot, right step forward
- 5-6 Left heel touch forward with toe angled right, grind heel turning toe from right to left
- 7&8 Left step back on ball of foot, right step next to left on ball of foot, left step forward

WALK FORWARD 3 STEPS, LEFT SIDE POINT, STEP HOME, RIGHT SIDE POINT, TOUCH HOME, SIDE POINT

- 1-2 Right step forward, left step forward
- 3-4 Right step forward, left toe point side left
- 5-6 Left step next to right, right toe point side right
- 7-8 Right touch next to left, right toe point side right

Styling option: Swing arms down to right side and snap fingers on counts 6 and 8

RIGHT SIDE TOE STRUTS WITH FINGER SNAPS

- 1-2 Right step side right on ball of foot, drop right heel to floor with weight and snap fingers
- 3-4 Left step across right on ball of foot, drop left heel to floor with weight and snap fingers
- 5-6 Right step side right on ball of foot, drop right heel to floor with weight and snap fingers
- 7-8 Left step across right on ball of foot, drop left heel to floor with weight and snap fingers

SKIP BACK RIGHT-LEFT, RIGHT COASTER STEP, LEFT STEP FORWARD, PIVOT ½ RIGHT, LEFT STEP FORWARD, PIVOT ½ RIGHT TOUCHING RIGHT NEXT TO LEFT

- &1&2 Scoot back on left hitching right knee, right step back, scoot back on right hitching left knee, left step back
- 3&4 Right step back on ball of foot, left step next to right on ball of foot, right step forward
- 5-6 Left step forward, pivot ½ turn right shifting weight forward to right foot
- 7-8 Left step forward, pivot ½ turn right keeping weight on left and touching right foot next to left

"FLY AWAY" - 1 ¼ LEFT TURN HEEL PIVOTS WITH JAZZ HANDS

Styling: On the following 8 counts, raise arms, spread fingers of both hands and shake them gently

- 1-2 Right heel touch forward, pivot ¼ turn left keeping weight on left
- 3-4 Right heel touch forward, pivot ¼ turn left keeping weight on left
- 5-6 Right heel touch forward, pivot ¼ turn left keeping weight on left
- 7-8 Right heel touch forward, pivot ½ turn left keeping weight on left

PART C

ANGLED STEP TOUCHES WITH CLAPS, TRAVELING FORWARD

- 1-2 Right step forward diagonally right, left touch next to right and clap hands
- 3-4 Left step forward diagonally left, right touch next to left and clap hands
- 5-6 Right step forward diagonally right, left touch next to right and clap hands
- 7-8 Left step forward diagonally left, right touch next to left and clap hands

ANGLED STEP TOUCHES WITH CLAPS, TRAVELING BACK

- 1-2 Right step back diagonally right, left touch next to right and clap hands
 - 3-4 Left step back diagonally left, right touch next to left and clap hands
 - 5-6 Right step back diagonally right, left touch next to right and clap hands
 - 7-8 Left step back diagonally left, right touch next to left and clap hands
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