

Step Descriptions

Fly Like A Bird

Starter Series Level - 3

32 Count - 2 Wall - Intermediate - BPM 124

Choreographer Hedy McAdams (USA)

Music: Fly Like A Bird by Boz Scaggs - If It Don't Take Two by Shania Twain

Section 1 Rock Steps With 1/4 Turns.

- 1 - 2 Rock Weight Onto Left Foot. Rock Weight Onto Right Foot.
- 3 - 4 Rock Weight Onto Left Foot Making A 1/4 Turn Left. Hold.
- 5 On Ball Of Left Foot Make 1/4 Left Rocking Right Foot To Right Side.
- 6 Rock Weight Onto Left Foot.
- 7 - 8 Rock Weight Onto Right Foot Making A 1/4 Turn Right. Hold.

Section 2 Rock Steps & 1/4 Turns, Kick Ball 1/4 Turn Left, Kick Ball Change.

- 9 On Ball Of Right Foot Make 1/4 Turn Right Rocking Left Foot To Left Side.
- 10 Rock Weight Onto Right Foot.
- 11 - 12 Rock Weight Onto Left Foot Making 1/4 Turn Left. Hold.
- 13 & 14 Kick Right Foot Forward. Step Right Beside Left. Step Left 1/4 Turn Left.
- 15 & 16 Kick Right Foot Forward. Step Right Beside Left. Step Left In Place.

Section 3 Cross Unwind, Crossing Shuffle, Turning Shuffle, 1/4 & 1/2 Pivots.

- 17 - 18 Cross Right Over Left. Unwind 1/2 Turn Left.
- 19 & 20 Cross Left Over Right. Step Right To Right Side. Cross Left Over Right.
- 21 & 22 Step Right Foot 1/4 Turn Right. Step Left Beside Right. Step Forward Right.
- 23 On Ball Of Right Foot Pivot 1/4 Turn Right Stepping Left Foot To Left Side.
- 24 On Ball Of Left Foot Pivot 1/2 Right Stepping Right Foot To Right Side.

Section 4 Cross Point, Cross Unwind, Crossing Shuffle, Side Slide.

- 25 Cross Left Foot Over Right, Taking Weight & Slightly Bending Knees.
- 26 Touch Right Toe Out To Right Side As You Straighten Up.
- 27 - 28 Cross Right Over Left. Unwind 1/2 Turn To Left.
- 29 & 30 Cross Left Over Right. Step Right To Right Side. Cross Left Over Right.
- 31 Take A Big Sliding Step To Right With Right Foot.
- 32 Slide Left Foot To Close Beside Right.

Repeat

