



FLY LIKE A BIRD

Choreographed by Hedy McAdams

Description: 32 counts, 2 walls, Intermediate Single Line Dance

Music: **Fly Like A Bird** by Boz Scaggs

ROCK LEFT SIDE, BACK, ¼ TURN, HOLD, ¼ TURN, ROCK, ¼ TURN, HOLD

- 1-2 Step to left side with left foot, Rock back onto right foot
- 3-4 Step ¼ turn left with left foot, Hold position (face 9:00)
- 5-6 Pivot ¼ turn left on ball of left foot, stepping forward with right foot (face 6:00), Rock back onto left foot
- 7-8 Step ¼ turn right with right foot (face 9:00), Hold position

¼ TURN, ROCK, ¼ TURN, HOLD, KICK-BALL-TURN, KICK-BALL-CHANGE

- 1-2 Step ¼ turn right with left foot (face 12:00), Rock back onto right foot
- 3-4 Step ¼ turn left with left foot (face 9:00), Hold position
- 5&6 Kick right foot forward, Step in place with ball of right foot, lifting left foot slightly, Step ¼ turn left with left foot (face 6:00)
- 7&8 Kick right foot forward, Step in place with ball of right foot, lifting left foot slightly, Step in place with left foot

CROSS, TURN, CROSS & CROSS, ¼ TURN SHUFFLE, ¼ TURN, ½ TURN

- 1-2 Touch right toe across in front of left leg, Pivot ½ turn left on ball of left foot, transfer weight to right foot (face 12:00)
- 3& Step across in front of right leg with left foot, Step slightly to right side with right foot,
- 4 Step across in front of right leg with left foot
- 5&6 Step ¼ turn right with right foot (face 3:00), Slide left foot next to right foot, Step forward with right foot
- 7 Pivot ¼ turn right on ball of right foot, stepping to left side with left foot (face 6:00)
- 8 Pivot ½ turn on ball of left foot, stepping forward with right foot (face 12:00)

CROSS, POINT, CROSS, ½ TURN, CROSS & CROSS, BIG STEP, SLIDE/LIFT

- 1-2 Step across in front of right leg with left foot, bending knees, Point right toe to right side, straighten knees
- 3-4 Touch right toe across in front of left leg, Pivot ½ turn left on ball of left foot, transfer weight to right foot (face 6:00)
- 5& Step across in front of right leg with left foot, Step slightly to right side with right foot
- 6 Step across in front of right leg with left foot
- 7-8 Big slide/step to right side with right foot, Slide left toe next to right foot

REPEAT

