



Dance with Norm
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Fly Like A Bird

Choreographed by Hedy McAdams

Description: 32 count, 2 wall, intermediate line dance

Music: Fly Like A Bird by Boz Scaggs

ROCK LEFT SIDE, BACK, 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 (face 9:00)

¼ TURN, ROCK, ¼ TURN, HOLD

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

¼ TURN, ROCK, ¼ TURN, HOLD

9-10 Step ¼ turn right with left foot (face 12:00), Rock back onto right foot

11-12 Step ¼ turn left with left foot (face 9:00), Hold

KICK-BALL-TURN, KICK-BALL-CHANGE

13&14 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)

15&16 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

17 Touch right toe across in front of left leg

18 Pivot ½ turn left on ball of left foot, transfer weight to right foot (face 12:00)

19&20 Step across in front of right leg with left foot, Step slightly to right side with right foot, Step across in front of right leg with left foot

¼ TURN SHUFFLE, ¼ TURN, ½ TURN

21&22 Step ¼ turn right with right foot (face 3:00), Slide left foot next to right foot Step forward with right foot

23 Pivot ¼ turn right on ball of right foot, stepping to left side with left foot (face 6:00)

24 Pivot ½ turn on ball of left foot, stepping forward with right foot (face 12:00)

CROSS, POINT, CROSS, ½ TURN

25 Step across in front of right leg with left foot, bending knees

26 Point right toe to right side, straighten knees

27 Touch right toe across in front of left leg

28 Pivot ½ turn left on ball of left foot, transfer weight to right foot (face 6:00)

CROSS & CROSS, BIG STEP, SLIDE/LIFT

29 Step across in front of right leg with left foot

& Step slightly to right side with right foot

30 Step across in front of right leg with left foot

31 Big slide/step to right side with right foot

32 Slide left toe next to right foot

& Lift left toe and blend into step 1

REPEAT