



# Fly Like A Bird

Choreographed by Hedy McAdams

Description: 32 count, 2 wall, intermediate line dance  
Music: **Fly Like A Bird** by Boz Saggs (124 bmp, 32 count lead)

## **ROCK, STEP, ¼ TURN LEFT, HOLD, ¼ TURN LEFT, ROCK, ¼ TURN RIGHT, HOLD**

- 1-4 Rock left, rock right, rock left turning ¼ left (9:00), hold
- 5-6 Rock-step forward right turning ¼ left (6:00), rock left
- 7-8 Rock right turning ¼ right (9:00), hold

## **¼ TURN RIGHT, ROCK, ¼ TURN LEFT, HOLD, 2 KICK-BALL-CHANGES ¼ TURN LEFT**

- 1-2 Rock-step forward left turning ¼ right (12:00), rock right
- 3-4 Rock left turning ¼ left (9:00), hold
- 5&6 Kick right, step ball of right next to left, step left turning ¼ left (6:00)
- 7&8 Kick right, step ball of right next to left, step left next to right

## **CROSS, UNWIND, CHASSE, ¼ TURN RIGHT SHUFFLE, ¼ TURN RIGHT, ½ TURN RIGHT**

- 1-2 Cross right over left keeping weight left, unwind ½ turn to left (12:00) shifting weight right
- 3&4 Cross-step left over right, small step right to right to behind left foot, cross-step left over right
- 5&6 Step right into ¼ turn right (3:00), slide left beside right, step right forward
- 7-8 (2-ct rolling vine) Step left turning ¼ right (6:00), step right turning ½ to right (12:00)

## **POINT, CROSS, UNWIND, HOLD, CHASSE, STEP, SLIDE-LIFT**

- 1 Cross-step left over right bending both knees (dip down)
- 2 Point right toes to right as you straighten knees and return to upright position
- 3-4 Cross right over left (weight on left), unwind ½ to the left ending with weight on right (6:00)
- 5&6 Cross-step left over right, small step right foot behind left, cross-step left over right
- 7-8 Big slide-step right foot to right, slide toes of left foot next to right and lift to blend in to restart

*\*\*Styling note: The final count 8 of the pattern ends with left toes touching beside right (instead of lift-and-blend) on last count of recommended music.*