

# FLY LIKE A BIRD

Count: 32. Wall: 2. Level: Intermediate

Choreographer: Hedy McAdams

Music: Fly Like A Bird by Boz Scaggs

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## ROCK LEFT, RECOVER, 1/4 LEFT, HOLD, 1/4 LEFT ROCK RIGHT, RECOVER, 1/4 RIGHT, HOLD

1-4 Rock L to left, Recover onto R, Turn ¼ left step L forward, Hold [9:00]  
5,6 Turn ¼ left rock R to right, Recover onto L [6:00]  
7,8 Turn ¼ right step R forward, Hold [9:00]

## 1/4 RIGHT ROCK LEFT, RECOVER, 1/4 LEFT, HOLD

9,10 Turn ¼ right rock L to left, Recover onto R [12:00]  
11,12 Turn ¼ left step L forward, Hold [9:00]

## KICK, BALL, 1/4 LEFT, KICK, BALL, CHANGE

13&14 Kick R forward, Step ball of R beside L, Turn ¼ left step L beside R [6:00]  
15&16 Kick R forward, Step ball of R beside L, Step L beside R

## CROSS, UNWIND 1/2, CROSS SHUFFLE, SHUFFLE 1/4 RIGHT, 1/4 RIGHT, 1/2 RIGHT

17,18 Cross R over L, Unwind ½ left (**weight to R**) [12:00]  
19&20 Cross L over R, Step R to right, Cross L over R  
21&22 Turn ¼ right step R forward, Step L beside R, Step R forward [3:00]  
23,24 Turn ¼ right step L to left, Turn ½ right step R forward [12:00]

## CROSS, TOUCH, CROSS, UNWIND 1/2, CROSS SHUFFLE, BIG STEP SIDE, DRAG/LIFT

25,26 Cross L over R, Touch R toe to right  
27,28 Cross R over L, Unwind ½ left (**weight to R**) [6:00]  
29&30 Cross L over R, Step R to right, Cross L over R  
31,32 Big step R to right, Drag L toward R

**Lift left toe slightly to blend into step 1**

**REPEAT**