

# FLY LIKE A BIRD (2003)

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**Count:** 32

**Wall:** 4

**Level:** Intermediate/Advanced level

**Choreographer:** Chris Godden

**Music:** Gossip Folks (Fatboy Slim Mix Radio Edit) by Missy Elliot

**1,2**

**Cross left over right (with right hand on left hip and left hand out to left side with palm facing forward), kick right foot out to right (switch hands)**

**3&4**

**Hitch right while swinging right foot left right left (leaving left hand on right hip bringing right palm to side of head)**

**5&6**

**Step back right, close left to right step forward right**

**78**

**Hold, pivot  $\frac{1}{2}$  turn left taking weight onto left**

**1,2**

**Forward right, forward left**

**3&4**

**Flick right foot back, hitch right with  $\frac{1}{2}$  turn right on ball of left, step forward on right**

**5&6**

**Touch left toe next to right, step left next to right, step forward on right**

**78**

**Hitch left taking  $\frac{1}{4}$  turn on ball of right (twist body to left to gain torque), pivot  $\frac{1}{2}$  turn left on ball of right (twisting body to right to help turn)**

**1,2**

**Forward left, forward right**

**3,4**

**Touch left toe forward, step back on left**

**5,6**

**Touch right toe back,  $\frac{1}{2}$  turn right taking weight on right**

**7,8**

**Skate diagonally forward left, right**

**1,2**

**Dip left knee to right leg, roll left knee out taking  $\frac{1}{4}$  left leaving weight on right**

**3,4**

**Bend knees while rolling right shoulder up & back, straighten knees rolling left shoulder up & back**

**5&6**

**Touch right toe forward bumping hips forward back forward taking weight onto right (shaking right shoulder down up down)**

**7&8**

**Turn  $\frac{1}{4}$  right on ball of right touching left to left side, turn  $\frac{1}{4}$  right hitching left knee, turn  $\frac{1}{4}$  right on ball of right touching left to left side**

**REPEAT**

**TAG: After 3rd wall, repeat 4 times to make 1 complete turn**

**12**

**Forward left, touch right besides left with right knee turned in**

**3&4**

**Swing right knee right-left-right while turning  $\frac{1}{4}$  right taking weight onto right**

**On next wall replace last 4 counts with 1  $\frac{1}{4}$  paddle turn left flapping arms like a bird  
(step right next left on count 8)**