

# No Wings

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**Count:** 48

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Sarah Wilson - Dec. 2015

**Music:** Flightless Bird, American Mouth - Iron and Wine [From Twilight Soundtrack]

## Start dance on word "Quick"

### Left Twinkle, Cross right over left, Sweep left out and round, Left Twinkle, Weave left

1 2 3 Cross left over right, rock right to right side, recover on to left

4 5 6 Cross right over left, sweep left from back to front

1 2 3 Cross left over right, rock right to right side, recover on left

4 5 6 Cross right over left, step left to left side, cross right behind left

### Step left, Touch right, Step right, Touch left, Step left, Touch right, Step back on right, Touch left

1 2 3 Step left foot to left side, slide right foot to meet left foot

4 5 6 Step right foot to right side, slide left foot to meet right foot

1 2 3 Step left to left side, slide right foot to meet left foot

4 5 6 Step back on right, slide left foot to meet right foot

### Step forward on left, Touch right, Grapevine to right, Diagonal cross rock, Recover

1 2 3 Step forward on left, slide right foot to left foot

4 5 6 Step right to right side, step left behind right, step right to right side

1 2 3 Rock on to left facing diagonal (over 3 counts)

4 5 6 Recover on to right (over 3 counts)

### 1 and ¼ turn left, Sway right, Sway left, Toe unwind full turn right, Sweep left leg from back to front

1 2 3 Step left to left side and make a 1 and ¼ turn over left shoulder

### Alternative option - Grapevine left with quarter turn

4 5 6 Sway right (over 3 counts)

1 2 3 Sway left (over 3 counts)

4 5 6 Cross right behind left unwind a full turn sweep left leg from back to front

**Contact: [sarahaw1@yahoo.co.uk](mailto:sarahaw1@yahoo.co.uk)**

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