

And The Bluebird Sings

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Count: 32 **Wall:** 4 **Level:** Beginner

Choreographer: Janet Cummings - USA - 22 August 2019

Music: Bluebird - Miranda Lambert. Album: Wildcard

Intro: 16 Counts

SECTION 1: R CHASSE, L COASTER STEP; R CHASSE, L KICK-BALL-CHANGE

1&2, 3&4: R Side Shuffle (R, L, R), L Step Back, R Step Back, L Step Forward

5&6, 7&8: R Side Shuffle (R, L, R), L Kick Forward, L Step on Ball of Foot, R Step/Changing Weight

SECTION 2: L CHASSE, R COASTER STEP, L CHASSE, R KICK-BALL-CHANGE

1&2, 3&4: L Side Shuffle (L, R, L), R Step Back, L Step Back, R Step Forward

5&6, 7&8: L Side Shuffle, (L, R, L), R Kick Forward, R Step on Ball of Foot, L Step/Changing Weight

SECTION 3: L CHASE TURN, R TRIPLE TURN; R HEEL, BALL, CHANGE, X2 MOVING EACH SLIGHTLY BACK

1&2: R Step Forward, Pivot $\frac{1}{2}$ Turn Left, Step L, Step R Forward

3&4: Pivot $\frac{1}{4}$ Turn Right, Step Back on L, Pivot $\frac{1}{2}$ Turn R, Step Back on R, Pivot $\frac{1}{4}$ Turn Right, L Step Tog.

5&6: R Heel Tap Forward, Step on R Ball, L Step Back Slightly Taking Weight

7&8: R Heel Tap Forward, Step on R Ball, L Step Back Slightly Taking Weight

NOTE: If a triple turn is problematic, (Steps 3&4) do a straight shuffle forward (L, R, L)

SECTION 4: TURN $\frac{1}{4}$ LEFT, THEN START TRAVELLING RIGHT: R SIDE, BEHIND, SIDE, BEHIND, SIDE, BEHIND, SIDE, TOUCH; THEN LEFT: SIDE, BEHIND, SIDE, BEHIND, SIDE, BEHIND, SIDE, TOUCH

&1&2&3&4&: On Ball of L Foot, Turn Left $\frac{1}{4}$, Step R to Side, Step L Behind, Step R To Side, Step L Behind, Step R to Side, Step L Behind R, Step R To Side, Touch L

5&6&7&8&: Step L To Side, Step R Behind, Step L To Side, Step R Behind, Step L To Side, Step R Behind, Step L To Side, Touch R

Love the easy, flowy beat of this song. Dance to lower your less stress.

Dance for physical and mental health. Lord, keep us moving one step at a time.

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