

BIRD ON A WING

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Count: 32

Wall: 4

Level: beginner/intermediate

Choreographer: Paul Clifton

Music: Let Your Love Flow by The Bellamy Brothers

SIDE STEP, ROCK FORWARD, RECOVER & CROSS SIDE ROCK, RECOVER SAILOR ¼ TURN

- 1-2-3** Step right to right side, rock forward on left, recover weight back onto right
- &4** Step slightly back on left, cross step right over left
- 5-6** Rock left to left side, recover weight back onto right.
- 7&8** Step left behind right, & step right to right side, turning ¼ turn left, step forward left

ROCK RECOVER, SHUFFLE ½ TURN, FULL TURN FORWARD, LEFT LOCK STEP

- 1-2** Rock forward on right, recover weight back onto left
- 3&4** Shuffle ½ turn right stepping right, left, right
- 5-6** Make a full turn right traveling forward stepping left, right
- 7&8** Step forward on left, & lock right behind left, step forward on left

ROCK RECOVER TRIPLE FULL TURN, HEEL SWITCHES ½ TURN RIGHT

- 1-2** Rock forward on right, recover weight back onto left.
- 3&4** Triple full turn right (on the spot) stepping right, left, right
- 5&6** Touch left heel forward, & step left next to right, touch right heel forward,
- &7&&** Step right next to left, touch left heel forward, & step left next to right
- 8&** Touch right heel forward, & step right next to left

5&6&7&8& should be slowly turning right on the spot completing ½ turn

DOROTHY LEFT & RIGHT STEP LEFT, BEHIND, HEEL JACK & CROSS

- 1-2&** Step left diagonally forward, lock right behind left, & step left diagonally forward
- 3-4&** Step right diagonally forward, lock left behind right, & step right diagonally forward
- 5-6&** Step left to left side, cross right behind left, & step slightly back on left
- 7&8** Touch right heel diagonally forward, & step back on right, cross step right over left

REPEAT