

HEDY MCADAMS'

“Fly Like A Bird”

a.k.a., “THE BOZ”

A 32-count, 2-wall, intermediate-level line dance, published March 1996

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This step sheet's update: July 2011 ~ If you are reading hard copy, please check website for subsequent updates.

Music/tempo: Recommended: “FLY LIKE A BIRD,” by Boz Skaggs (124 BPM, 32-count lead), “Some Change” CD
Teaching: “STRANGER IN MY HOUSE” by Ronnie Milsap (or any slow west-coast swing rhythm)

Alternative Music This dance also works well with hip-hop rhythms, such as “JAM” (Michael Jackson) and “GONNA MAKE YOU SWEAT” (C + C Music Factory). Fly Like A Bird choreography also works well with rumba rhythms, for songs such as “I WISH LUNCH COULD LAST FOREVER” (Jimmy Buffet)

A ROCK – ROCK – TURN – HOLD TURN – ROCK – TURN – HOLD

Home/original wall=12:00 o'clock, begin with weight right R.

- 1 Rock-step L to left
- 2 Rock-step R to right
- 3 Turn ¼ left [9:00] and rock-step on L (in place)
- 4 HOLD
- 5 Rock-step forward on R turning ¼ left [6:00]
- 6 Rock-step L (in place)
- 7 Turn ¼ right [9:00] and rock-step on R (in place)
- 8 HOLD

B TURN – ROCK – TURN – HOLD KICK – BALL/TURN – KICK – BALL/CHANGE

You should be facing 9:00 wall, now, and your weight is R.

- 1 Rock-step forward L and turn ¼ to right [12:00]
- 2 Rock-step R (in place)
- 3 Turn ¼ left [9:00] and rock-step on L
- 4 HOLD
- 5 (begin kick-ball-turn) Kick R foot
- & Step ball of R next to L,
- 6 Turn ¼ to left [6:00] and shift weight L
- 7 (begin kick-ball-change) Kick R foot
- & Step ball of R next to L,
- 8 Shift weight L

Honors & Awards

- Overseas dance of the year in New Zealand in 1997, after placing top of the charts for 39 straight weeks.
- Dance of the year in Vancouver in 1996.
- One of the top five finalist in both eastern Canada in 1996 and in England in 1997.
- One of 12 finalists for “Dance of The Decade Awards,” Linedancer Magazine, 2007.

C CROSS – UNWIND – CROSS – &/CROSS TURN – TOGETHER – TURN – TURN

You should be facing 6:00 wall, now, and your weight is L.

- 1 Cross-step R over L (keeping weight L)
- 2 Unwind ½ turn to left [12:00] shifting weight R
- 3 Cross-step L over R
- & (small) step R to right (maintain crossed legs)
- 4 Cross-step L over R (progressing to right)
- 5 (begin shuffle) Turn ¼ turn to right [3:00] and step forward on R
- & Slide-step L beside R
- 6 Step R forward
- 7 (begin 2-ct. rolling turn progressing toward 3:00 wall) Step L forward and turn ¼ right [6:00]
- 8 (pivoting on ball of L) Turn ½ right [facing 12:00] and step R to right

Styling note: this entire pattern progresses toward the 3:00 wall. Legs remain crossed on counts C3&4; counts C7 and C8 are a rolling turn progressing toward 3:00.

D CROSS – POINT – CROSS – UNWIND CROSS – &/CROSS – STEP – SLIDE

You should be facing 12:00 wall, now, and your weight is R.

- 1 Cross-step L over R bending both knees (dip down) (shift weight L)
- 2 Point R to right as you straighten knees and return to upright position
- 3 Cross R over L (weight L)
- 4 Unwind ½ to left ending with weight R [6:00]
- 5 Cross-step L over R
- & (small) Step R to right (maintain crossed legs)
- 6 Cross-step L over R (progressing to right)
- 7 (big) Slide-step R to right
- 8 Slide ball of L foot next to R until L is beside and lift foot (slightly) to blend into count A1

Note: count D8 ends with L toes touching beside right (instead of lift and blend) for the last count of the recommended music.

BEGIN AGAIN

Reset “clock” to 12:00.