

HEDY MCADAMS:  
"FLY LIKE A BIRD"

aka, "THE BOZ"

A 32-count, 2-wall, intermediate-level line dance

Choreographer: **HEDY McADAMS**, "CACTUS ROSE Presents," Palo Alto, CA (San Francisco Bay) ~ phone/fax: 650-322-6760 ~ hedy@bjt.net

\*Teaching note\* To confirm that you have the latest step sheet, visit Hedy's web site: [www.hedymcadams.com](http://www.hedymcadams.com)

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)

Note for deejays: "Cruisin'" (**Neil Hale**) or "Alley Cat" works well with the recommended music (to split floor for beginners)

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

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**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  $\frac{1}{4}$  left [9:00] and rock-step on L (in place)
- 4 HOLD
- 5 Rock-step forward on R turning  $\frac{1}{4}$  left [6:00]
- 6 Rock-step L (in place)
- 7 Turn  $\frac{1}{4}$  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  $\frac{1}{4}$  to right [12:00]
- 2 Rock-step R (in place)
- 3 Turn  $\frac{1}{4}$  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  $\frac{1}{4}$  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

Awards:

This dance won overseas dance of the year in New Zealand in 1997, after placing top of the charts for 39 straight weeks. It was also dance of the year in Vancouver in 1996, and one of the top five finalist in both eastern Canada in 1996 and in England in 1997.

**C** CROSS, UNWIND, CROSS&CROSS  
 $\frac{1}{4}$ -TOG-STEP,  $\frac{1}{4}$ ,  $\frac{1}{2}$

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

- 1 Cross-step R over L (keeping weight L)
- 2 Unwind  $\frac{1}{2}$  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  $\frac{1}{4}$  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  $\frac{1}{4}$  right [6:00]
- 8 (pivoting on ball of L) Turn  $\frac{1}{2}$  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  $\frac{1}{2}$  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" at 12:00.