

Wings

Count: 32

Wand: 2

Ebene: Low Intermediate

Choreograf/in: Isabel Armenteras (ES) - October 2019

Musik: Wings - Little Mix



Intro: 6 counts

Seq: 32,32,Tag1 (12:00),32,32,Tag2(12.00)32,32,32,Tag1(12:00),32,32

[1-8] CROSS R, CROSS L, OUT OUT , KNEES IN IN, POINT SWITCHES R & L

- 1 Step R forward cross over LF
- 2 Step L forward cross over R
- 3 Step R out to the right side
- 4 Step L out to the left side
- 5 Twist R knee in
- 6 Twist L knee in and Twist R knee back to the front
- 7 & 8 Point R foot to R , Close R foot to the L, Point L foot to L

[9-16] R POINT DIAGONAL FRW &BACK, R SAILOR STEP R, L SAILOR STEP TURN ¼ L, R HIP BUMP

- & Close L foot to the R
- 9 Point R foot forward diagonal over L
- 10 Point R foot back diagonal R behind L
- 11&12 Step R behind L, Step L slightly to L, Step R to R side
- 13&14 Step L behind R, Turn ¼ L stepping R slightly to R (9:00), Step R to R side
- 15&16 Step R forward and Bump hip right, lift hip to the L, Bump hip right weight on L

[17-24] R STEP TURN ½ L, TRIPLE STEP R DIAGONAL, L SIDE STEP, TOUCH R, BACK STEP R, TOUCH L, L STEP FRW, TOUCH R X2

- 17 Step R forward
- 18 Turn ½ L (3:00)
- 19&20 Step R diagonal R, Step L beside R, Step R diagonal R
- 21&22 Step L beside, Touch R food beside L, Step R back
- & Touch L foot forward
- 23&24 Step L forward, Touch R food beside L food, Touch R food to the R

[25-32] R STEP ½ TURN L, R STEP TURN ¼ TURN L, JAZZ BOX

- 25 Step R forward
- 26 Make ½ turn L (9.00)
- 27 Step R forward
- 28 Make ¼ turn L (3:00)
- 29 Step R cross over L
- 30 Step L back
- 31 Step R to right
- 32 Step L forward

START AGAIN

TAG 1 (16 counts) After wall 2nd and 8th at (12:00) and 5th at (6:00)

SLIDE R STEP, BEHIND, SIDE , L CROSS ROCK, R RECOVER, L SWEEP BACK BESIDE, SIDE, ½ R TURN L STEP, ½ TURN R STEP & SIDE R ROCK STEP, RECOVER BEHIND, SIDE , JUMP BACK R&HITCH, L STEP FORWARD

- 1-2 Big step R to the right, (left leg stretched)
- 3 Step L behind R
- 4 Step R to the right

- 5 Step L cross over the R
- 6 Return weight to the back R
- 7 - 8 Sweep back the L (the L foot travels from the front to the back), L behind R
- 9 Step R to the left (3.00)
- 10 Pivot ½ to the right taking weight onto the left
- 11 Pivot ½ to the right keeping weight onto right and starting a rock
- 12 Recover weight to the L
- 13 Step R behind L
- 14 Step L beside R
- 15 Jump R back (lift the L knee)
- 16 Step L forward

TAG 2 (8 counts) After the 4th wall (12:00)

R JAZZ BOX CROSS X 2

- 1 Step R cross over L
 - 2 Step L back
 - 3 Step R to right
 - 4 Step L cross over the R
 - 5 Step R cross over L
 - 6 Step L back
 - 7 Step R to right
 - 8 Step L cross over the R
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