

# Wind Ya Body Up

**COPPER** **KNOB**  
BY STEPHENETS

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Christopher Petre (USA) - July 2007

Musik: Whine Up (feat. Elephant Man) - Kat Deluna : (CD: Whine Up)



**NOTE: Begin dance after 32 counts with the lyrics. Hey? and NO tags!**

**1-8 R POINT, CROSS, L POINT, CROSS, R POINT, ½ R MONTEREY, CROSS, UNWIND ½ R**  
1,2 Point R out to right side, cross step R over L  
3,4 Point L out to left side, cross step L over R  
5,6 Point R out to right side, turn ½ right (6:00) stepping on R  
7,8 Cross touch L over R, unwind ½ right (12:00) stepping onto L

**9-16 R TAP STEP, L CROSS TAP STEP, BACK R, ¼ L, FORWARD R, FULL TURN L HITCH**  
1,2,3,4 Tap R toe to right, step down on R, cross L over R and tap, step down on L across R  
5,6 Step back on R, turn ¼ left (9:00) stepping on L  
7,8 Step forward on R, spin 1 full turn LEFT on ball of R foot (L foot should end crossed over R shin)

**17-24 L CROSS, HOLD, SIDE & L KNEE, SIDE & R KNEE, TOUCH BEHIND, FULL UNWIND**  
1,2 Cross step L over R, hold for count 2  
3,4 Step R to right side, twist to right touching L toe out to left side bending L knee towards right  
\*

\*optional styling counted follows: stepping to right side bump hips right (3), left (&), right (a) then twist to right touching L toe out to left side bending L knee towards right (4)

5,6 Step L to left side, twist to left touching R toe out to right side bending R knee towards left \*\*

\*\*optional styling counted follows: stepping to left side bump hips left (3), right (&), left (a) then twist to left touching R toe out to right side bending R knee towards left (4)

7,8 Touch R toe behind L, unwind one full turn RIGHT stepping down onto R (9:00)

**25-32 L SIDE, HOLD, R ROCK BACK, RECOVER, 4 COUNT BOX TURN LEFT**  
1,2 Take a large step on L to left side, hold for count 2 (dragging R towards L)  
3,4 Rock back on R, recover weight onto L  
5 Turn ¼ left (6:00) stepping R to right side (lead with your hip!)  
6 Turn ¼ left (3:00) stepping L to left side (lead with your hip!)  
7 Turn ¼ left (12:00) stepping R to right side (lead with your hip!)  
8 Turn ¼ left (9:00) stepping BACK on L to left side

**REPEAT AND ENJOY!!!**

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