

Broken Wing

Count: 32

Wall: 2

Level: Intermediate / Advanced rolling count



Choreographer: Alison Metelnick (UK) & Peter Metelnick (UK) - September 2019

Music: A Broken Wing - Martina McBride

Start after 16 count intro: approx. 16secs – 3mins 36secs – 133bpm

Music Available: Amazon

[1-8&a] Walk fwd R/L, R tog, L fwd rock/recover, ½ L, R fwd turning full L spiral, L diagonal: L fwd, R tog, L fwd, R fwd rock/recover, R side towards R diagonal

1-2a Step R forward, step L forward, step R together

3-4a Rock L forward, recover weight on R, turning ½ left step L forward (6 o'clock)

5-6a Step R forward and spiral full turn L, on left diagonal step L forward, step R together (5 o'clock)

Count 5 non-turning option – simply step R forward

7-8&a Still on diagonal: step L forward, rock R forward, recover weight on L, step R side toward right diagonal (7 o'clock)

[9-16&a] R diagonal L fwd rock/recover, L side towards L diagonal. R fwd rock/recover, ¾ R & R fwd, L fwd, ¼ R pivot, L cross step, ¼ L & R back, ½ L & L fwd, R fwd, ¼ L pivot

1-2a Rock L diagonally forward, recover weight on R, step L side toward left diagonal (5 o'clock)

3-4a Rock R forward, recover weight on L, turning ¾ right to face side wall step R forward (9 o'clock)

5-6a Step L forward, pivot ¼ right, cross step L over R (12 o'clock)

7-8&a Turning ¼ left step R back, turning ½ left step L forward, step R forward, pivot ¼ left (12 o'clock)

RESTART: DURING WALL 4 INSTRUMENTAL dance first 16&a counts to face back wall and restart the dance

[17-24&a] R cross step as you sweep L in front, cross L over R, R side, cross L behind as you sweep R front to back, cross R behind L, L side, cross R as you sweep L in front, L cross step, ¼ L & R back, L back, R rock back/recover, ½ L & R/L back

1-2a Cross step R over L whilst sweeping L from back to front, cross step L over R, step R side

3-4a Cross step L behind R whilst sweeping R from front to back, cross step R behind L, step L side

5-6&a Cross step R over L whilst sweeping L from back to front, cross step L over R, turning ¼ left step R back, step L back (9 o'clock)

7-8&a Rock R back, recover weight on L (extended 5th) turning ½ left step R back, step L back (3 o'clock)

[25-32&a] Walk back R/ L/R with back sweeps, L coaster step, R fwd, L fwd, ¼ R pivot turn, L cross step, R side rock/recover, R back rock/recover

1-3 Step R back whilst sweeping left front to back, step L back whilst sweeping R front to back, step R back whilst sweeping left front to back

4&a Step L back, step R together, step L forward

5-6&a Step R forward, step L forward, pivot ¼ right, cross step L over R (6 o'clock)

7-8&a Rock R side, recover weight on L, rock R back, recover weight on L

NOTE: DURING WALL 7, which starts facing back wall, the song sounds like it slows down after the first 8 counts,

just keep dancing regular dance tempo and you will finish facing front wall. Enjoy this great song!

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Last Update – 26 Sept. 2019

Please Note: we like to check and approve all Videos of our dances before they are linked to this site.- A&P
