

# Wind It Up

Count: 32

Wall: 4

Level: Beginner

Choreographer: Ross Brown (ENG)

Music: Wind It Up - Gwen Stefani : (CD: Wind It Up Single)



## CROSS, SIDE, BEHIND & HEEL, & CROSS, SIDE, BEHIND & HEEL

- 1-2 Cross step right over left, step left to the left.  
3&4 Cross step right behind left, step left to the left, tap right heel forward.  
& Step right next to left.  
5-6 Cross step left over right, step right to the right.  
7&8 Cross step left behind right, step right to the right, tap left heel forward.

## & CROSS, SIDE ROCK, CROSS, SIDE ROCK, BEHIND, SIDE ROCK, BEHIND, SIDE ROCK

- &1 Step left next to right, cross step right over left.  
2& Rock left to the left, recover onto right.  
3 Cross step left over right.  
4& Rock right to the right, recover onto left.  
5 Cross step right behind left.  
6& Rock left to the left, recover onto right.  
7 Cross step left behind right.  
8& Rock right to the right, recover onto left.  
Alternatives All SIDE ROCKs can be replaced with SIDE POINTS

## ROCK BACK, ½ TURN SHUFFLE LEFT, ROCK BACK, ½ TURN SHUFFLE RIGHT

- 1-2 Rock back with right, recover onto left.  
3&4 Shuffle a ½ turn left stepping; right, left, right. (6 o'clock)  
5-6 Rock back with left, recover onto right.  
7&8 Shuffle a ½ turn right stepping; left, right, left. (12 o'clock)

## ¼ TURN HINGE SIDE ROCK, & SIDE ROCK, ½ TURN HINGE SIDE ROCK, SIDE ROCK

- 1-2 Make a ¼ turn right rocking right to the right (3 o'clock), recover onto left.  
& Step right next to left.  
3-4 Rock left to the left, recover onto right.  
5-6 Make a ½ turn right rocking left to the left (9 o'clock), recover onto right.  
& Step left next to right.  
7-8 Rock right to the right, recover onto left.

## Tag: Dance the following tag at the end of wall 9 (facing 9 o'clock)

- 1-2-3 Bump hips; right, left, right.  
4 Step left in place.