Wind Ya Body Up

Count: 32 **Wall:** 4 **Level:** Intermediate
Choreographer: Christopher Petre (USA) - July 2007
Music: 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!!!

EMail / Website