

# Wings

拍数: 64                      墙数: 4                      级数: Intermediate  
编舞者: Anne Herd (AUS) - August 2015  
音乐: Wings - Delta Goodrem : (CD: Single - 3:27 - iTunes)



**Intro: Start on lyrics 16 counts in, weight on L (CW)**

**S1: WALK FORWARD, CROSS SAMBA, WALK FORWARD, CROSS SAMBA**

1-2-3&4                      Walk fwd stepping R L. Cross R over L, Step L to side, Step R to side  
5-6-7&8                      Walk fwd stepping L R. Cross L over R, Step R to side, Step L to side

**S2: ½ PIVOT, FULL TURN, ROCKING CHAIR**

1-2-3-4                      Step fwd on R, Turn ½ L, Weight to L, Make a full turn over L shoulder stepping R L.  
5-6-7-8                      Rock fwd on R, Recover to L, Rock back on R, recover to L

**(Easier option for the full turn, walk forward RL)□**

**S3: RIGHT AND LEFT CROSS, SIDE, BALL JACK**

1-2-3&4&                      Cross R over L, Step L to side, Cross R behind L, Step L to side, Touch R heel out at 45 degrees, Step R beside L  
5-6-7&8&                      Cross L over R, Step R to side, Cross L behind R, Step R to side, Touch L heel out at 45 degrees, Step L beside R

**S4: ROCK/ RECOVER, & HEEL & TOUCH & HEEL, HOLD & HEEL & TOUCH**

1-2&3&4&                      Rock fwd on R/Recover to L, Step back on R, Touch L heel fwd, Step L beside R, Touch R beside L instep, Step back on R  
5-6&7&8&,                      Touch L heel fwd, Hold, Step L beside R, Touch R beside L instep, Step back on R, Touch L heel fwd, Step L beside R

**S5: ROCK/ RECOVER, HEEL DROPS,**

1-2-3-4&                      Rock fwd on R/Recover to L, Touch R toe behind L, Drop heel, Step L beside R  
5-6&7-8&                      Touch R toe behind L, Drop heel, Step L beside, Touch R behind L, Drop heel, Step L beside R

**S6: SIDE ROCK, CROSS UNWIND ¾, V STEP**

1-2-3-4                      Rock R to side, Recover to L. Cross R over L and unwind ¾ L over two counts (Take weight to L)  
5-6-7-8                      Step R on the R diagonal, Step L on L diagonal, Step R back to centre, Step L beside R

**S7: KICK AND POINT, KICK AND POINT, JAZZ BOX**

1&2-3&4                      Kick R fwd, Step R beside L, Point L to side, Kick L fwd, Step L beside R, Point R to side  
5-6-7-8                      Cross R over L, Step back on L, Step R to side, Step L beside R

**S8: SIDE ROCK, CROSS SHUFFLE, ¼, ¼, STEP, SCUFF**

1-2-3&4                      Rock R to side, recover to L, Cross shuffle R over L stepping RLR  
5-6-7-8                      Turning ¼ R, Step back on L, Turn further ¼ L stepping fwd on R, Step fwd on L, Scuff R fwd

**[64] Begin again**

**Restart:□On wall 2 dance to count 48 and restart dance**

**Ending:□Dance to count 12 and pivot another ½ L to 12:00 then continue with the rocking chair.**

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