

Wind Ya Body Up

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Christopher Petre (USA) - July 2007
音乐: 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
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*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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