

Spread Your Wings

COPPER KNOB
STEP SHEETS

拍数: 48 墙数: 4 级数: Intermediate
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音乐: Wings - Little Mix



Start on the Vocals 'Mama'

SECTION 1: Walk. Walk. Kick, Step Back, Touch. Hip Bumps. Coaster Step.

1-2 Walk forward Right, Left.
3&4 Kick R forward. Step back R. Touch L forward.
5&6 Bump L hip forward, Bump R hip back. Bump L hip forward.

(Optional Shoulder Movements)

7&8 L Coaster Step.

SECTION 2: Forward Mambo. Sweep Back, Anchor Sweep Back. Sailor Step. Sailor ¼ Turn.

1&2 Rock R forward. Recover L (&) Sweep R back.
3&4 Step R behind L rocking back R, recover L, Step back R, Sweeping L back.
5&6 L Sailor Step. (Step L behind R. Side R. Stomp L to L Side)
7&8 R Sailor ¼ Turn R. (Step R behind L, Turn ¼ R Side L, Stomp R to R Side)

SECTION 3: Stomp, Stomp Slide (x2) Behind Side, Cross Shuffle.

1&2 Stomp L. Stomp R (on the spot) Slide L to L Side. (3.00)
3&4 Stomp R. Stomp L (on the spot) Slide R to R Side.
5-6 Step L behind R. Step R to R side.
7&8 Cross L over R, Side R, Cross L over R.

SECTION 4: Side Rock R Turn ¼ L Step R forward. Point Hitch Cross. Toe Heel Stomp. Side Rock Cross.

1&2 Rock R to the R Side turning ¼ L with weight. Step R forward (12.00)
3&4 Point L Hitch L Cross L.
5&6 Touch R Toe next to L. Dig R Heel forward, Stomp R forward.
7&8 L Side Rock recover R (&) Cross L.

SECTION 5: Full Turn Paddle (anti-clockwise). Turn ½. Back Rock.

&1&2 Ball step R ¼ Turn L. Step L forward (9.00) Ball step R ¼ Turn L. Step L forward (6.00)
&3&4 Ball step R ¼ Turn L. Step L forward (3.00) Ball R ¼ Turn L. Step L forward (12.00)

Optional Arm Movements- Arms out to the side like flying. R arm up, L arm down.

5-6 Step R forward, Turn ½ stepping back on L. (6.00)
7-8 Back Rock R, Recover L.

SECTION 6: Jazz Box. Turn ¼ Back Lock Back. Turn ½ Shuffle L.

1-2 Kicking R cross R over L. (Drop weight down) Step L Back.
3-4 Step R to R side, Cross L over R.
5&6 Turn ¼ L, Stepping R back, lock L, back R. (3.00)
7&8 Turn ½ L shuffling LRL. (9.00)

RESTARTS:-

During Wall 2 after Section 4. (9.00) (After the rock & cross)

During Wall 8 after Section 2. (3.00) (After Sailor ¼ Turn R. Add Touch R)

TAG: During Wall 4 after Section 2. Add 8 Count Tag. (9.00)

1-2 Walk L, R.
3&4 Forward Mambo L. Recover R. Step L back.
5&6 Back Mambo R. Recover L. Step R forward.

7&8& L Out, R Out. L in. Touch R next to L with Clap.

ENDING: During Section 6 Count 48.

Replace with ¼ Turn L side chasse Slide L. Spread your wings/ arms out to the side. (12.00)

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