

Wings

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Anne Herd (AUS) - August 2015
音樂: 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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