

Wings on My Heels

拍數: 64 牆數: 4 級數: Improver
編舞者: Judith Kennedy (UK) & Hayley Wheatley (UK) - February 2016
音樂: Wings On My Heels - Raymond Froggatt : (amazon)



(Country singer Robert E Lee does a great version. Contact him via Western Express's website)

Intro: 16 beats

[1-8] □ FIGURE OF EIGHT

- 1-2 Step right to right, step left behind right
- 3-4 Turn ¼ turn right, stepping forward onto right; step forward onto left (3.00)
- 5-6 Pivot half right (9.00); turn ¼ right stepping left to left side (12.00)
- 7-8 Cross right behind left; Turn 3/8 left stepping forward onto left (7.30 corner)

[9-16] □ SWEEP, CROSS, TOUCH, BACK, SIDE STEP, CROSS, TOUCH, BACK, SIDE STEP, CROSS, TOUCH, BACK, SIDE STEP, CROSS, TO

- 1-2 Sweeping right foot to front cross right over left, touch left behind right
- 1-3 Step back onto left, (squaring to 9.00) step right to right
- 5-6 (To 10.30 corner) Cross left over right, touch right behind left,
- 7-8 Step back onto right (squaring to 9.00) step left to left.

[17-24] □ CROSS SIDE BEHIND, SWEEP, BEHIND SIDE CROSS.

- 1-2 Cross right over left, step left to left
- 3-4 Cross right behind left, sweep left in semi-circle to behind right
- 5-6 Cross left behind right, step right to right
- 7-8 Cross left over right, hold.

[25-32] □ HIP BUMPS R.L.R, HOOK LEFT WITH ¼ TURN. LEFT LOCK LEFT

- 1-4 Bump hips right, left, right. Hook left leg over right shin, turning ¼ left (6.00)
- 5-8 Step forward on left, close right behind left, step forward on left, hold. *Restart here on wall 5

[33-40] □ STEP TURN STEP, CLAP, CLAP X 2

- 1-2 Step forward on right, pivot half left,
- 3&4 Step forward on right, Hold and clap twice
- 5-6 Step forward on left, pivot half right,
- 7&8 Step forward on left, hold and clap twice

[41-48] □ BIG STEP, ROCK RECOVER TO RIGHT AND LEFT

- 1-4 Big step right (2 beats) Rock onto left behind right, recover onto right
- 5-8 Big step left (2beats) Rock onto right behind left, recover onto left

[49-56] □ MODIFIED RHUMBA BOX WITH ¼ TURN LEFT

- 1-4 Step right to right, close left beside right, step right back, hold
- 5-6 Making ¼ turn to left, step left to left, close right beside left
- 7-8 Step left forward, hold (3.00)

[57-64] □ ROCK AND CROSS X 2

- 1-2 Rock right onto right, recover onto left, cross right over left, hold
- 5-8 Rock left onto left, recover onto right, cross left over right, hold. (3'00)

* Restart: Wall 5 after 32 counts Restart facing 6.:00

