

Little Mix

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Andrina K Faulds (SCO) - February 2016
音樂: Wings - Little Mix : (iTunes)



Section 1: Step hitch coaster step diagonal (right), Step hitch coaster step diagonal (left)

- 1-2 Step right into right diagonal and hitch left up next to right
3&4 While stepping back on the left foot begin coaster back on the left, right next to left and forward on the right changing direction into the left diagonal
5-6 Step right into left diagonal and hitch left up next to right
7&8 While stepping back on the left foot begin coaster back on the left, right next to left and forward on the right straightening back up to the front

Section 2: Step half turn right, pivot half turn right, stomp forward right left, right and left apple jack

- 1-2 Step forward right half turn over left shoulder
3-4 Pivot half turn over left shoulder (making a full turn)
5-6 Stomp forward right foot and left foot slightly out
7&8 Take weight onto your right heel, swivel your left foot to the right side, then return your feet to centre with weight ending on LEFT. Take your weight onto your left heel, swivel your right foot to the left side, then return your feet to centre.

Section 3: Monterey half turn right, point right foot to right side and right hitch step, weight on right foot rock forward and back triple $\frac{3}{4}$ turn left

- 1-2 Point right toe to right side, while bring in turn half turn right pointing left toe to left side
3&4 Bring left toe in and point right toe to right side and hitch step forward right foot putting weight on right foot to step forward
5-6 Rock forward on left foot and recover on to right foot
7&8 triple step $\frac{3}{4}$ turn over left shoulder

Section 4: Side rock right, weave left beginning right behind side cross, Side rock left, weave right beginning left behind side cross

- 1-2 Side rock right
3&4 Weave left beginning right behind left foot, left foot to left side, cross right over left
5-6 Side rock left
7&8 Weave right beginning left behind right foot, right foot to right side, cross left over right

Restarts – both facing back wall

(1st restart) wall 3 after 16 counts – after the apple jacks

(2nd restart) wall 7 after 24 counts – after triple step $\frac{3}{4}$

Hand Movements – at the end of section 2 – while doing apple jacks fold arms at shoulder height and as doing apple jacks move hands up and down like wings flapping.

Ending - finishing at the end of section 2 after apple jacks put weight onto both feet. Cross both hands over body and lift up over head, open and down like wings taking off and down

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Last Update – 6th Feb. 2016