

# Wind Beneath My Wings

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 2      級數: High Intermediate  
編舞者: Maria Tao (USA) - January 2017  
音樂: Wind Beneath My Wings / He Hawai'i Au - Israel Kamakawiwo'ole : (CD: E Ala E)



Intro: 16 counts

**[S1] STEP R FWD, 1/2 TURN R, 1/4 TURN R, HITCH, 1/4 TURN L, 1/2 TURN L, STEP BACK, SWEEP, BEHIND, SIDE, CROSS ROCK, RECOVER, SIDE, CROSS, SWEEP**

1&2&      Step right forward, 1/2 turn R stepping left back, 1/4 turn R stepping right to right, hitch left knee slightly across right  
3&4&      1/4 turn L stepping left forward, 1/2 turn L stepping right back, step left back, sweep right front to back [12:00]  
5&      Step right behind left, step left to left,  
**(\*\*On Wall 4, add 2 count Tag, then Restart the dance)**  
6      Cross rock right over left  
7&8&      Recover onto left, step right to right, cross left over right, sweep right back to front

**[S2] CROSS, 1/4 TURN R, 1/4 TURN R SIDE, DRAG, 1/4 TURN L, 1/2 TURN L, SIDE, BACK ROCK, RECOVER, SIDE, BACK ROCK, RECOVER, 1/4 TURN R SIDE ROCK, RECOVER**

1&2&      Cross right over left, 1/4 turn R stepping left back, 1/4 turn R stepping right to right, drag left towards right [6:00]  
3&4      1/4 turn L stepping left forward, 1/2 turn L stepping right back, step left to left [9:00]  
5&6      Rock right back, recover onto left, step right to right  
7&8&      Rock left back, recover onto right, 1/4 turn R rocking left to left, recover onto right [12:00]

**[S3] CROSS, SIDE, BEHIND, SWEEP, 1/2 TURN R SAILOR CROSS, BALL STEP, CROSS PRESS, RECOVER, 1/4 TURN R, STEP FWD, SPIRAL FULL TURN R, SHUFFLE FWD, SWEEP**

1&2&      Cross left over right, step right to right, step left behind right, sweep right front to back  
3&4      1/2 turn R crossing step right behind left, step left to left, cross right over left  
&5      Step ball of left to left, press right over left [6:00]  
6&7&      Recover weight on left, 1/4 turn R stepping right forward, step left forward, spiral full turn R [9:00]  
8&1&      Step right forward, step left next to right, step right forward, sweep left back to front

**[S4] CROSS, 1/4 TURN L, SIDE, CROSS, REVERSE ROLLING VINE, BACK ROCK, RECOVER, SPIRAL FULL TURN L, STEP FWD, SWEEP**

2&3&      Cross left over right, 1/4 turn L stepping right back, step left to left, cross right over left [6:00]  
4&5      1/4 turn R stepping left back, 1/2 turn R stepping right forward, 1/4 turn R stepping left to left  
6&7&      Rock right back, recover onto left, 1/2 turn L stepping right back, 1/2 turn L hitching left knee slightly  
8&      Step left forward, sweep right back to front [6:00]

**START AGAIN!**

**TAG/RESTART: On Wall 4 (starts facing 6:00) - dance up to count 5& of S1 - then add 2 count tag:**

1-2      Step right forward across left, step left forward across right

**Ending: Last wall starts facing 6:00, dance the following steps after 1&2&:**

3&4&5      1/4 turn L stepping left forward, sweep right back to front, step right forward across left, sweep left back to front, step left forward across right

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