

Wind Beneath My Wings

COPPER KNOB
BY STEPHEN HETS

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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