

If I Had Wings

拍數: 32 牆數: 2 級數: Beginner / High Beginner
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音樂: If I Had Wings - Dolly Parton



Dance Begins On 8 Counts

Sec 1 [1- 8] PRISSYS, FWD MAMBO, BACK, BACK, SIDE MAMBO

1- 2 Cross Right Over Left, Cross Left Over Right
3&4 Rock Right Forward, Recover Left, Step Right Beside Left
5- 6 Step Left Back, Step Right Back
7&8 Rock Left Side, Recover Right, Step Left Beside Right

Sec 2 [9- 16] SIDE SHUFFLE, SWAY, SWAY, SIDE SHUFFLE SWAY, SWAY

1&2 Step Right Side, Step Left Beside Left, Step Right Side
3 - 4 Sway Left Hips Left Side, Sway Right Hips Right Side
5&6 Step Left Side, Step Right Beside Left. Step Left Side
7- 8 Sway Right Side, Sway Left Side

Styling Option: Sway Arms Same Direction As Sways L,R Then R,L (watch demo)

Sec 3 [17 – 24] SYNCOPATED ROCKING CHAIRS, TINY TURNS 1/8 LEFT X 2

1&2& Rock Right Forward, Recover Left, Rock Right Back, Recover Left
3&4& Rock Right Forward, Recover Left, Rock Right Back, Recover Left
5 – 6 Step Right Forward, Pivot 1/8th L Into (10.30) Corner
7 – 8 Step Right Forward, Pivot 1/8th L (9.00)

Sec 4 [25– 32] ROCKING CHAIRS SYNCOPATED TINY TURNS 1/8 LEFT X 2

1&2& Rock Right Forward, Recover Left, Rock Right Back, Recover Left
3&4& Rock Right Forward, Recover Left, Rock Right Back, Recover Left
5 – 6 Step Right Forward, Pivot 1/8th L Into 7.30 Corner
7 – 8 Step Right Forward, Pivot 1/8th L Facing (6.00)

Easier Options On Rocking Chairs Use Single Count 1-4

Tag 8. Counts End Of Wall 1 facing 6.00 End Of Wall 4 facing 12.00 End Of Wall 6 Facing 12.00 RHUMBA BOX FORWARD, RHUMBA BOX BACK, REVERSE RHUMBA BOX BACK, RHUMBA FORWARD

1&2 Right Side, Step Left Beside Right, Step Right Forward,
3&4 Step Left Side, Step Right Beside Left, Step Left Back,
5&6 Right Side, Step Left Beside Right, Step Right Back,
7&8 Step Left Side, Step Right Beside Left, Step Left Forward

Ending: Wall 7 Music Slows. I chose not to dance all of the music.

**Ends At Back, Cross Right Over Left Unwind Slowly !/2 Left On The Word W.I.N.G.S Over 4 Counts
Adding Arms Above Head Then Bring Arms Slowly To Sides On Counts 5-8**

And enjoy the last bit of music

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