

Wind Beneath My Wings

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Irene Groundwater (CAN)
音樂: Wind Beneath My Wings (Rumba / 27 BPM) - Ross Mitchell, His Band and Singers



RUMBA BOX

1-2 Left forward, hold
3-4 Side step right, step left beside right
5-6 Right back, hold
7-8 Side step left, step right beside left

SIDE, HOLD, CROSS BEHIND, REPLACE, SIDE, DRAG, DRAG, TAP

9-10 Side step left, hold
11-12 Cross right behind left, replace weight on left
13-14 Side step right, drag left towards right
15-16 Drag left towards right, tap left toe beside right instep
Option - on count 11 - kick left foot forward as right crosses behind left

FORWARD, HOLD, BACK, FORWARD, FORWARD, HOLD, FORWARD, BACK

17-18 Left forward, hold
19-20 Rock back on right, left forward
21-22 Right forward, hold
23-24 Left forward, right back

BACK, HOLD, FORWARD, BACK, ¼ TURN RIGHT, HOLD, TOGETHER, TOGETHER

25-26 Left back, hold
27-28 Right forward, left back
29-30 Pivot ¼ turn right on left ball as you side step right, hold
31-32 Step left beside right, step right beside left

REPEAT

Dedicated to the English Ballroom Dance Band Leader, Ross Mitchell, whose music has inspired some of my best dances.