Wind Up

級數: Intermediate

編舞者: Roy Greene (USA)

音樂: High Lonesome Sound - Vince Gill

牆數:4

TOE, TOE / HEEL, HEEL

- 1 Weight on left foot, touch right toe next to left foot
- 2 Weight on left foot, touch right toe next to left foot
- 3 Weight on left foot, touch right heel next to left foot
- 4 Weight on left foot, touch right heel next to left foot

DWIGHT YOAKAM TO THE RIGHT-LEFT FOOT DRAGS AND SWIVELS IN RHYTHM

- 5 Weight remaining on left foot, point right toe in toward left instep
- 6 Weight remaining on left foot, point right heel in toward left instep
- 7 Weight remaining on left foot, point right toe in toward left instep
- 8 Weight remaining on left foot, point right heel in toward left instep

CROSS / STEP / CROSS / BRUSH

- 9 Cross right foot over left foot, weight on right foot
- 10 Step left foot to left side, weight on it
- 11 Cross right foot over left foot, weight on right foot
- 12 Weight remaining on right foot, brush left foot forward

CROSS / BRUSH / ROCK / STEP

- 13 Cross left foot over right foot, weight on left foot
- 14 Weight remaining on left foot, brush right foot forward
- 15 Cross right foot over left foot, rocking weight to right foot
- 16 Rock weight back to left foot

TRIPLE TURN / TRIPLE STEP

- 17 Begin ½ triple step right-left-right turn to right by first stepping right foot a little more than ¼ right (5:00ish), weight on it
- & Quickly continue turning body, stepping left foot, weight on ball of left foot, at instep of right foot
- 18 Complete ¹/₂ triple turn right by stepping right foot, weight on it, to ¹/₂ right of original wall (6:00)
- 19 Begin left-right-left triple step forward by stepping left forward, weight on it, slightly raising heel of right foot
- & Quickly step right foot forward, weight on ball of right foot, to about instep of left foot
- 20 Finish triple step by stepping left slightly forward, weight on it

ROCK STEP

- 21 Step right foot forward, rocking weight to it
- 22 Rock weight back to left foot

TRIPLE TURN / TRIPLE STEP

- Begin ½ triple step right-left-right turn to right by first stepping right foot a little more than ¼ right (10:00ish), weight on it
- & Quickly continue turning body, stepping left foot, weight on ball of left foot, at instep of right foot
- 24 Complete ¹/₂ triple turn right by stepping right foot, weight on it, to original wall (12:00)





拍數: 40

- 25 Begin left-right-left triple step forward by stepping left forward, weight on it, slightly raising heel of right foot
- & Quickly step right foot forward, weight on ball of right foot, to about instep of left foot
- 26 Finish triple step by stepping left slightly forward, weight on it

STEP, PIVOT

- 27 Step right foot forward, weight on it
- 28 Pivot ½ turn to left, weight ending on left foot

VINE, 2, 3 / BRUSH

- 29 Step right foot to right side, weight on it
- 30 Cross left foot behind right foot, weight on left foot
- 31 Step right foot to right side, weight on it
- 32 Weight remaining on right foot, brush left foot next to right foot

VINE, 2 / TURN / TOUCH

- 33 Step left foot to left side, weight on it
- 34 Cross right foot behind left foot, weight on right foot
- 35 Begin ¼ turn left by stepping left foot ¼ to left, weight on it
- 36 Weight remaining on left foot, touch right toe next to left foot

POINT / TURN / POINT / HOME

- 37 Weight remaining on left foot, point / touch right toe out to right side
- 38 Pivot on ball of left foot, turning ½ right, swinging right leg around and stepping right foot next to left at end of turn, weight on right foot
- 39 Weight remaining on right foot, point / touch left toe out to left side
- 40 Step left foot next to right foot, weight on left foot

REPEAT