

# A Wind Up

拍數: 32      牆數: 4      級數: Improver  
編舞者: Robbie McGowan Hickie (UK)  
音樂: How'd I Wind Up In Jamaica - Tracy Byrd



**Intro: 16 counts from first beat, on vocal (app. 7 secs into track). Start with weight on L foot**

## **SIDE, TOGETHER, RIGHT SCISSORS, SIDE ROCK & STEP FORWARD, RIGHT LOCK STEP FORWARD**

1-2            Step right to right side, close left beside right  
3&4           Step right to right side, close left beside right, cross step right over left  
5&6           Rock left to left side, recover weight on right, step forward on left  
7&8           Step forward on right, lock left behind right, step forward on right

## **LEFT MAMBO FORWARD, RIGHT SHUFFLE ½ TURN RIGHT, STEP, ¼ TURN RIGHT, CROSS, CHASSE RIGHT**

1&2           Rock forward on left, rock back on right, step back on left  
3&4           Right shuffle back turning ½ turn right stepping right, left, right  
5&6           Step forward on left, pivot ¼ turn right, cross step left over right  
7&8           Step right to right side, close left beside right, step right to right side, (facing 9:00)

## **CROSS ROCK & TOUCH, CROSS ROCK & ¼ TURN LEFT, SIDE ROCK & CROSS (RIGHT & LEFT)**

1&2           Rock left forward across right, rock back on right, touch left toe to left side  
3&4           Rock left forward across right, rock back on right, step left ¼ turn left  
5&6           Rock right to right side, recover weight on left, cross step right over left  
7&8           Rock left to left side, recover weight on right, cross step left over right, (facing 6:00)

## **CHASSE ¼ TURN RIGHT, STEP, PIVOT ½ TURN RIGHT, STEP, RIGHT LOCK STEP FORWARD, HIP BUMPS**

1&2           Step right to right side, close left beside right, step right ¼ turn right  
3&4           Step forward on left, pivot ½ turn right, step forward on left  
5&6           Step forward on right, lock left behind right, step forward on right  
7&8           Step left slightly left bumping hips left, bump hips right, bump hips left, (facing 3:00)

## **REPEAT**

## **OPTIONAL ENDING**

(When using music by Tracy Byrd) music ends on counts 7&8 of Section 2 (chasse right). Do a chasse ¼ turn right to finish facing front wall