

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