

Wings

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Kathy Forrest (UK)
音樂: If My Heart Had Wings - Faith Hill



PIVOT ½ TURN RIGHT, STEP BACK LEFT, RIGHT, TOUCH, SIDE SHUFFLE, ROCK RECOVER

- 1-4 Step forward on right, pivot ½ turn to right on ball of right foot, step back on left, step back on right, touch left beside right
5&6 Step left to left side, close right beside left, step left to left side
7-8 Rock back on right, recover weight on left

NEXT 8 COUNTS

- 1-8 Repeat 1-8 above

TOUCH QUARTER TURN, SHUFFLE BACK, ROCK RECOVER, SHUFFLE FORWARD

- 1-2 Touch right toes out to right side, pivot on ball of left foot to turn ¼ right while bringing right foot in to touch beside left
3&4 Step back right, close left beside right, step back right
5-6 Rock back on left, recover weight on right
7&8 Step forward on left, close right beside left, step forward on left

SIDE TOUCH, KICK AND TOUCH, CROSS UNWIND ½ TURN, SIDE TOUCH

- 1-2 Step right to right side, touch left beside right
3&4 Kick left forward, step left beside right, touch right to right side
5-6 Cross right over left, unwind ½ turn (weight on right foot)
7-8 Step left to left side, touch right beside left

HIP BUMPS RIGHT AND LEFT, CROSS, STEP BACK, ½ TURN AND STEP

- 1&2 Step forward right, bump hips forward right, back left, forward right
3&4 Step forward left, bump hips forward left, back right, forward left (weight on left foot)
5-6 Cross right over left, step back left
7-8 ½ turn right stepping forward right, step forward left

KICK BALL CHANGE, STEP TOUCH, KICK BALL CHANGE, STEP TOUCH

- 1&2 Kick right forward, step on ball of right foot, step left beside right
3-4 Step slightly forward on right, touch left beside right
5&6 Kick left forward, step on ball of left foot, step right beside left
7-8 Step slightly forward on left, touch right beside left

REPEAT
