

It's A Wind Up

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Improver
編舞者: Sheridan Gill (UK)
音樂: Wind It Up (Main Mix) - Gwen Stefani



RIGHT & LEFT HEEL DIGS, KICK BALL CHANGE, STEP, PIVOT ½ LEFT

1-2 Dig right heel diagonally to right, step right to place
3-4 Dig left heel diagonally to left, step left to place
5&6 Kick right forward, step right beside left, step onto left in place
7-8 Step right forward, pivot ½ turn left

FORWARD ROCK, TRIPLE FULL TURN, FORWARD ROCK, COASTER STEP

9-10 Rock forward on right, recover onto left
11&12 Triple full turn right stepping right, left, right
13-14 Rock forward on left, recover onto right
15-16 Step back left, step right beside left, step forward left

RIGHT STRUT, KICK BALL CHANGE, LEFT STRUT, KICK BALL CHANGE

17-18 Step right toe forward, drop right heel taking weight
19&20 Kick left forward, step left beside right, step onto right in place
21-22 Step left toe forward, drop left heel taking weight
23&24 Kick right forward, step right beside left, step left in place

FORWARD ROCK, RIGHT SHUFFLE ½ TURN, FORWARD ROCK, COASTER STEP

25-26 Rock forward on right, recover onto left
27&28 ½ Turn right stepping forward right, close left beside right, step forward right
29-30 Rock forward on left, recover onto right
31&32 Step back left, step right beside left, step forward left

RIGHT HEEL GRIND, COASTER STEP, LEFT HEEL GRIND, COASTER STEP

33-34 Touch right heel forward grinding heel. Step back onto left
35&36 Step back right, step left beside right, step forward right
37-38 Touch left heel forward grinding heel. Step back onto right
39&40 Step back onto left. Step right beside left. Step forward on left

FORWARD ROCK, TRIPLE FULL TURN, FORWARD ROCK, COASTER STEP

41-42 Rock forward on right, recover onto left
43&44 Triple full turn right stepping right, left, right
45-46 Rock forward on left, recover onto right
47&48 Step back left, step right beside left, step forward left

MONTEREY ½ TURN RIGHT TWICE

49-50 Touch right to right side. On ball of left, turn ½ right stepping right beside left
51-52 Touch left to left side. Step left beside right
53-54 Touch right to right side. On ball of left, turn ½ right stepping right beside left
55-56 Touch left to left side. Step left beside right

FORWARD ROCK, COASTER STEP, FORWARD ROCK, ½ TURN UNWIND

57-58 Rock forward on right, recover onto left
59&60 Step back on right, step left beside right, step forward right
61-62 Rock forward on left, recover onto right

63-64

Touch left behind right, unwind $\frac{1}{2}$ turn left, ending with weight on left foot

REPEAT
