

Wind It Up

拍數: 32 牆數: 4 級數: Beginner
編舞者: Ross Brown (ENG)
音樂: Wind It Up - Gwen Stefani : (CD: Wind It Up Single)



CROSS, SIDE, BEHIND & HEEL, & CROSS, SIDE, BEHIND & HEEL

1-2 Cross step right over left, step left to the left.
3&4 Cross step right behind left, step left to the left, tap right heel forward.
& Step right next to left.
5-6 Cross step left over right, step right to the right.
7&8 Cross step left behind right, step right to the right, tap left heel forward.

& CROSS, SIDE ROCK, CROSS, SIDE ROCK, BEHIND, SIDE ROCK, BEHIND, SIDE ROCK

&1 Step left next to right, cross step right over left.
2& Rock left to the left, recover onto right.
3 Cross step left over right.
4& Rock right to the right, recover onto left.
5 Cross step right behind left.
6& Rock left to the left, recover onto right.
7 Cross step left behind right.
8& Rock right to the right, recover onto left.
Alternatives All SIDE ROCKs can be replaced with SIDE POINTS

ROCK BACK, ½ TURN SHUFFLE LEFT, ROCK BACK, ½ TURN SHUFFLE RIGHT

1-2 Rock back with right, recover onto left.
3&4 Shuffle a ½ turn left stepping; right, left, right. (6 o'clock)
5-6 Rock back with left, recover onto right.
7&8 Shuffle a ½ turn right stepping; left, right, left. (12 o'clock)

¼ TURN HINGE SIDE ROCK, & SIDE ROCK, ½ TURN HINGE SIDE ROCK, SIDE ROCK

1-2 Make a ¼ turn right rocking right to the right (3 o'clock), recover onto left.
& Step right next to left.
3-4 Rock left to the left, recover onto right.
5-6 Make a ½ turn right rocking left to the left (9 o'clock), recover onto right.
& Step left next to right.
7-8 Rock right to the right, recover onto left.

Tag: Dance the following tag at the end of wall 9 (facing 9 o'clock)

1-2-3 Bump hips; right, left, right.
4 Step left in place.