

Wind It Up

Count: 32

Wall: 4

Level: Beginner

Choreographer: Ross Brown (ENG)

Music: 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.