

# MTE Inspiration

Compte: 108

Mur: 1

Niveau: Phrased Intermediate



Chorégraphe: Sherika Alford (USA) - March 2020

Musique: Wonderful (Stevie Wonder Dedication) - India.Arie : (Album: Acoustic Soul)

Dance starts on lyrics, 36 counts after rhythm starts (53 seconds into track)

Sequence: A, A, B, C, A, A, B, C, A, A, B, C, A, A, B

## Part A

### [1-8] SHUFFLE R, HITCH R, SHUFFLE FWD, TAP L, POINT L, 1/4 TURN L

1&2&3, 4 Step R to Side, Step L Beside R, Step R to Side, Step L together, Touch R Fwd, Hitch R

5&6&7, 8 Step R Fwd, Step L Beside R, Step R Fwd, Tap L Beside R, Point L to Side, 1/4 Turn L  
(Weight on R)

### [9-16] COASTER STEP, TAP, STEP, 1/4 TURN L, COASTER STEP, WALK FWD

1&2&3, 4 Step L Back, Step R Beside L, Step L Fwd, Tap R Beside L, Step R Fwd, 1/4 Turn L (weight to R)

5&6, 7-8 Step L Back, Step R Beside L, Step L Fwd, Step R Fwd, Step L Fwd

## Part B

note: The side to side movement in Part 2 is done at on the diagonal, you continue to "face" 12 o'clock

### [17-24] CROSS STEP, CROSSING SHUFFLE, TAP, STEP, CROSSING SHUFFLE, STEP

1-2, 3&4 Cross R over L, Step L to Side, Cross R over L, Step L to Side, Cross R over L

&5, 6&7, 8 Tap L Beside R, Step on L, Cross R over L, Step L to Side, Cross R over L, Step L to Side

### [25-32] SWAYS, BALL CROSS, STEP, CROSSING SHUFFLE

1-4 Sway R, Sway L, Sway R, Sway L

&5, 6, 7&8 Step R Beside L, Cross L over R, Step R to Side, Cross L over R, Step R to Side, Cross L over R

### [33-40] TAP, STEP, CROSSING SHUFFLE, TAP, STEP

&1, 2&3 Tap R Beside L, Step R to Side, Cross L over R, Step R to Side, Cross L over R

4, 5, 6&7, 8 Tap R Beside L, Step R to Side, Cross L over R, Step R to Side, Cross L over R, Tap R to Side

### [41-48] SWAYS, ROLLING VINE

1-4 Step on R and Sway R, Sway L, Sway R, Sway L

5-8 1/4 Turn R Stepping R Fwd, 1/2 Turn R Stepping L Back, 1/4 Turn R Stepping R to Side, Tap L to Side

### [49-56] BODY ROLLS, ROLLING VINE

1-4 Roll Weight Fwd & Up, Roll Weight Down onto R, Roll Weight Up on R, Roll Weight Down onto R,

5-8 1/4 Turn L Stepping L Fwd, 1/2 Turn L Stepping R Back, 1/4 Turn L Stepping L to Side, Tap R to Side

### [57-64] BODY ROLLS, SAILOR STEPS

1-4 Roll Weight Up on L, Roll Weight Down, Roll Weight Up, Roll Weight Down onto L

5&6, 7&8 Step R Behind L, Step L to Side, Step R to Side, Step L Behind R, Step R to Side, Step L to Side

### [65-72] SAILOR STEPS, STEP BACK, SHUFFLE BACK, HITCH

1&2, 3&4 Step R Behind L, Step L to Side, Step R to Side, Step L Behind R, Step R to Side, Step L to Side

5, 6&7, 8      Step R Back, Step L Back, Step R Beside L, Step L Back, Step R Back and Hitch L

### **Part C**

#### **[73-80] WALK FWD, DIP ON R, CHA-CHA IN PLACE, DIP ON R**

1-4      Step L Fwd, Step R Fwd, Step L Fwd, Tap R Beside L

5, 6&7, 8      Step R Fwd Dipping down, Rise Up Putting Weight on L, Step R Beside L, Step Down on L,  
Step R Fwd Dipping Down

#### **[81-88] CHA-CHA IN PLACE, DIP ON R, CHA-CHA IN PLACE, TAP R, TAP L**

1&2, 3      Rise Up Putting Weight on L, Step R Beside L, Step Down on L, Step R Fwd Dipping Down

4&5, 6-8      Rise Up Putting Weight on L, Step R Beside L, Step Down on L, Tap R Fwd, Step R Back,  
Tap L Fwd

#### **[89-96] STEP L BACK, TAP R, STEP R FWD, TAP L FWD, DIP ON L, CHA-CHA IN PLACE, DIP ON L**

1-4      Step L Back, Tap R Fwd, Step R Fwd, Tap L Fwd

5, 6&7, 8      Step L Fwd Dipping Down on L, Rise Up Putting Weight on R, Step L Beside R, Step R  
Beside L, Step L Fwd Dipping Down on L

#### **[97-104] CHA-CHA IN PLACE, DIP ON L, CHA-CHA IN PLACE, TAP, STEP BACK, TAP**

1&2, 3      Rise Up Putting Weight on R, Step L Beside R, Step R Beside L, Step L Fwd Dipping Down  
on L

4&5, 6, 7, 8      Rise Up Putting Weight on R, Step L Beside R, Step R Beside L, Tap L Fwd, Step L Back,  
Tap R Diagonally Fwd

#### **[105-108] ROLLING VINE TO R**

1-4      Turn 1/4 R Stepping R Fwd, Turn 1/2 R Stepping L Back, Turn 1/4 R Stepping R to Side,  
Step L Beside R

**Step Description by Steve Cavanaugh ([steve@appleblossom.net](mailto:steve@appleblossom.net))**

---