

Winding Up

拍数: 32 墙数: 2 级数: Intermediate
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音乐: Winding Up - Baha Men



Walk Forward R + L, Side rock, Cross, ¼ Diamond, Coasterstep L

1-2 Step R Forward, Step L Forward.
3&4 Rock R to the right side, Weight back on L, Cross R over L.
5-6 Turn 1/8 R Stepping L Back, Step R Back.
7&8 Turn 1/8 R Step L back, Step R beside L, Step L forward.

Diagonal step forward, ½ turn R, Step Lock Step, Rockstep, ¾ turn R

1-2 Turn 1/8 R Stepping R forward, Turn ½ R Stepping L back.
3&4 Turn 1/8 L Stepping R back, Lock L in front of R, Step R back.
5-6 Rock L Back, Weight back on R.(facing 9 o'clock)
7-8 Turn ½ R Stepping L back, Turn ¼ R Stepping R to the side.(facing 6 o'clock)

Cross Shuffle L, ½ turn R Cross shuffle, Siderock, Behind Side Cross

1&2 Cross L over R, Step R to the Side, Cross L over R.
3&4 Turn ½ R Cross R over L, Step L to the Side, Cross R over L.
5-6 Rock L to the side, Weight back R.
7&8 Cross L behind R, Step R to the side, Cross L over R.

Siderock, ½ Turn Sailorstep, Rockstep, Full Turn L

1-2 Rock R to the side, Weight back on L.
3&4 Turn ¼ R Step R behind L, Turn ¼ R step L slightly back, Step R forward.
5-6 Rock L forward, Weight back on R.
7&8 Full Turn (on the spot) Stepping L,R,L.

(Alternative : Coasterstep L)

Start over

Tags : 3 x (Intro , After wall 3, After wall 6)

Step out R+L, Step in R+L, Pivot ½ Turn L 2x

1-2 Step R out, Step L out (shimmy)
3-4 Step R in place, Step L in place (shimmy)
5-6 Step R forward, Turn ½ L.
7-8 Step R forward, Turn ½ L.

Website : www.honeybeez.nl