

WIND IT UP

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Count: 32 **Wall:** 2 **Level:** Intermediate level

Choreographer: Shaz Walton (Jan 07)

Music: Wind It Up by Gwen Stefani (Album Sweet Escape) 124bpm

Count in ? 48 counts from very beginning. On Main vocals. Sequence: 32, 32, 32, (16 TAG), 32, 32 32, (16 TAG), 32, 32, (4 count TAG) , (16 count TAG) x2 BIG ENDING!!

Monterey $\frac{3}{4}$ right. & touch. Knee pops x 3. Ball cross.

- 1-2-3** Point right to right side. Turn $\frac{3}{4}$ right stepping right beside left. Point left to left side.
- &4** Step left beside right. Touch right beside left with right knee facing left knee
- 5-6-7** Keeping feet together roll right knee to right. Roll left knee to left. roll right knee to right.
- &8** Step left beside right. Cross right over left.

$\frac{1}{4}$ lunge heel. Ball step. $\frac{1}{2}$ turn left. Heel. Raise. Toes swivel. Ball cross.

- 1-2** Make $\frac{1}{4}$ turn left lunging to left with toes of right foot pointing up. Hold
- &3** Step right beside left. Step left forward.
- &4** Make $\frac{1}{2}$ turn left stepping back on right. Touch left heel forward.
- 5** Raise up on toes of both feet facing left diagonal keeping knees together.
- &6 -7** Swivel on toes to right diagonal, bending knees. Swivel to left diagonal- straighten up. Hold
- &8** Step left beside right. Step right across left.

Stomp. Ball. Cross. Ball cross. $\frac{3}{4}$ turn right. Out. Out. In. Cross.

- 1-2** Stomp left to left side. Hold
- &3** Step right beside left. Cross left over right.
- &4** Step right beside left. Cross left over right.
- 5-6** Make $\frac{3}{4}$ turn right keeping weight back on left foot. Hold
- &7** Step right out to right. Step left to left.
- &8** Step right in. cross left over right.

Hitch. Cross. Point. Touch. Ronde $\frac{1}{4}$. Switch & switch.

- 1-2** Hitch right knee. Cross step over left.
- 3-4** Point left to left side. Touch left behind right.

- 5-6** Hitch left & circle up & around as you make ¼ turn left. Cross left over right.
- 7&** Point right out to right. Step right beside left.
- 8&** Point left to left side. Step left beside right.

****16 count TAG: Danced AFTER 3rd & 6th repetition (both facing back wall) & TWICE After 8th repetition ** Tap. Stomp. Flick. Back. Side. Together. Side. Tap. Stomp. Flick. Back. Side. Together. Side.**

- &1** Tap right foot diagonally left. Stomp right over left as you flick left behind right.
- 2-3&4** Step back on left. step right to right. Step left beside right. Step right to right.
- &5** Tap left diagonally right. Stomp left over right as you flick right behind left.
- 6-7&8** Step back on right. Step left to left. step right beside left. step left to left.

Tap. Press. Coaster step. 1 ½ turn left. (let the music inspire you!)

- &1-2** Tap right foot forward. Press forward on right foot.
- 3&4** Step back right. Step left beside right. Step right forward.
- 5&6&7&8** Step ½ turn left stepping left forward. Paddle a full turn left using the ball of your right foot to propel you.

****4 count TAG: dance at the END of the 8th repetition syncopated touches x 4 (make them quite stompy)**

- 1&2** Touch ball of right foot forward. Step right beside left. Touch ball of left forward.
- &3** Step left beside right. Touch ball of right forward.
- &4&** Step right beside left. Touch ball of left forward. step left beside right. The final time you do the 16 count tag, you will be facing the home wall, finish the dance by making your last step HUGE!! Make it a BIG ENDING!! Shout HEY!