

WIND YA BODY UP

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Count: 32 **Wall:** 4 **Level:** Intermediate level

Choreographer: Christopher Petre (July 07)

Music: Whine Up by Kat DeLuna featuring Elephant Man (Whine Up) 125 bpm

NOTE: Begin dance after 32 counts with the lyrics. Hey? and NO tags! 1-8R POINT, CROSS, L POINT, CROSS, R POINT, ½ R MONTEREY, CROSS, UNWIND ½ R

- 1,2 Point R out to right side, cross step R over L
- 3,4 Point L out to left side, cross step L over R
- 5,6 Point R out to right side, turn ½ right (6:00) stepping on R
- 7,8 Cross touch L over R, unwind ½ right (12:00) stepping onto L

9-16R TAP STEP, L CROSS TAP STEP, BACK R, ¼ L, FORWARD R, FULL TURN L HITCH

- 1,2,3,4 Tap R toe to right, step down on R, cross L over R and tap, step down on L across R
- 5,6 Step back on R, turn ¼ left (9:00) stepping on L
- 7,8 Step forward on R, spin 1 full turn LEFT on ball of R foot (L foot should end crossed over R shin)

17-24L CROSS, HOLD, SIDE & L KNEE, SIDE & R KNEE, TOUCH BEHIND, FULL UNWIND

- 1,2 Cross step L over R, hold for count 2
- 3,4 Step R to right side, twist to right touching L toe out to left side bending L knee towards right * optional styling counted follows: stepping to right side bump hips right (3), left (&), right (a) then twist to right touching L toe out to left side bending L knee towards right (4)
- 5,6 Step L to left side, twist to left touching R toe out to right side bending R knee towards left ** optional styling counted follows: stepping to left side bump hips left (3), right (&), left (a) then twist to left touching R toe out to right side bending R knee towards left (4)
- 7,8 Touch R toe behind L, unwind one full turn RIGHT stepping down onto R (9:00)

25-32L SIDE, HOLD, R ROCK BACK, RECOVER, 4 COUNT BOX TURN LEFT

- 1,2 Take a large step on L to left side, hold for count 2 (dragging R towards L)
- 3,4 Rock back on R, recover weight onto L
- 5 Turn ¼ left (6:00) stepping R to right side (lead with your hip!)
- 6 Turn ¼ left (3:00) stepping L to left side (lead with your hip!)

7 Turn $\frac{1}{4}$ left (12:00) stepping R to right side (lead with your hip!)

8 Turn $\frac{1}{4}$ left (9:00) stepping BACK on L to left side REPEAT AND ENJOY!!! EMail / Website

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=66596