

# WIND YA BODY

LINEDANCE.COM

**Count:** 38

**Wall:** 4

**Level:** intermediate

**Choreographer:** Mike Kokolay

**Music:** Boom Shack-A-Lack by Apache Indian

## STEP ¼ TURNS WITH HIP CIRCLES X4

- 1-2 Step forward right, circle hips to the left making ¼ turn left
- 3-4 Step forward right, circle hips to the left making ¼ turn left
- 5-6 Step forward right, circle hips to the left making ¼ turn left
- 7-8 Step forward right, circle hips to the left making ¼ turn left

## SYNCOPATED STEPS OUT & IN WITH SHUFFLES FORWARD RIGHT & LEFT

- &9 Step right out to right side, step left out to left side
- &10 Step right into center, step left into center
- 11&12 Step forward right, close left beside right, step forward right
- &13 Step left out to left side, step right out to right side
- &14 Step left into center, step right into center
- 15&16 Step forward left, close right beside left, step forward left

## ROCK STEP, 3 X ½ TURNS RIGHT INTO RIGHT SHUFFLE FORWARD

- 17-18 Rock forward on right, rock back onto left
- 19 On ball of left make ½ turn right - stepping forward right
- 20 On ball of left make ½ turn right - stepping forward left
- 21 On ball of left make ½ turn right - stepping forward right
- &22 Close left beside right, step forward right

## TOE POINTS & CROSSES, KICK BALL CROSS, UNWIND FULL TURN LEFT

- 23-24 Point left toe to left side, cross step left over right
- 25-26 Point right toe to right side, cross step right over left
- 27&28 Kick left to left diagonal, step left beside right, cross right over left
- 29-30 Unwind full turn left over 2 counts

## FORWARD & BACK ROCKS, ¼ TURN, KICK BALL CHANGE, STOMP, CLAP

- 31&** Rock forward on right, rock back onto left
- 32&** Rock back on right, rock forward onto left
- 33-34** Step forward right, pivot  $\frac{1}{4}$  turn left
- 35&36** Kick right forward, step right beside left, step left in place
- 37-38** Stomp right beside left (no weight), clap hands

**REPEAT**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=46752](https://www.linedance.com/index.php?f=dance_view&id=46752)