

WIND BENEATH MY WINGS

LINEDANCE.COM

Count: 32

Wall: 4

Level: Beginner / Intermediate

Choreographer: Irene Groundwater

Music: Wind Beneath My Wings by Ross Mitchell

RUMBA BOX

- 1-2 Left forward, hold
- 3-4 Side step right, step left beside right
- 5-6 Right back, hold
- 7-8 Side step left, step right beside left

SIDE, HOLD, CROSS BEHIND, REPLACE, SIDE, DRAG, DRAG, TAP

- 9-10 Side step left, hold
- 11-12 Cross right behind left, replace weight on left
- 13-14 Side step right, drag left towards right
- 15-16 Drag left towards right, tap left toe beside right instep

Option - on count 11 - kick left foot forward as right crosses behind left

FORWARD, HOLD, BACK, FORWARD, FORWARD, HOLD, FORWARD, BACK

- 17-18 Left forward, hold
- 19-20 Rock back on right, left forward
- 21-22 Right forward, hold
- 23-24 Left forward, right back

BACK, HOLD, FORWARD, BACK, ¼ TURN RIGHT, HOLD, TOGETHER, TOGETHER

- 25-26 Left back, hold
- 27-28 Right forward, left back
- 29-30 Pivot ¼ turn right on left ball as you side step right, hold
- 31-32 Step left beside right, step right beside left

REPEAT

Dedicated to the English Ballroom Dance Band Leader, Ross Mitchell, whose music has inspired some of my best dances.

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=46745