

These Wings Are Made To Fly

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Grant Stanley (Scotland, July 2012)

Music: Wings by Little Mix

(Start on lyrics "My Feet")

WALK R, L, STEP OUT, OUT, STEP IN, IN, LEFT KNEE POP, RIGHT KNEE POP, ROLL HIPS

- 1-2** Step forward on right, step forward on left
- &3&4** Step left out to left side, step right out to right side, step left in to centre, step right next to left
- 5-6** Bend Left knee towards right leg, recover, bend right knee towards left leg, recover
- &7-8** Roll hips anti-clockwise making a full circle

CHASSE, ROCK, RECOVER, CHASSE, ROCK, RECOVER

- 1&2** Step right to right side, left together, step right to right side
- 3-4** Rock back on left, recover on right
- 5&6** Step left to left side, right together, step left to left side
- 7-8** Rock back on right, recover on left

R STEP 1/4, TOUCH L, L STEP 1/4, TOUCH R, JAZZ BOX 1/4 TURN

- 1-2** Step forward on right making 1/4 left, touch left forward
- 3-4** Step forward on left making 1/4 right, touch right forward
- &5-6** Step right forward, cross left over right, step right back
- 7-8** Step left to left side making 1/4 left, step right together

STOMP, STOMP, BUMP, BUMP, PADDLE FULL TURN

- 1-2** Stomp left foot forward, stomp right foot forward
- 3-4** Bump hips to left side, bump hips to right side
- 5-6,** Step left making quarter turn left, keeping weight on left make a 1/4 turn left pointing right to right side, make another 1/4 turn left pointing right to right side
- 7-8** Make a 1/4 turn left pointing right to right side, touch right foot together.

Have fun and enjoy !

