

Wind Up Ya Waist

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Count: 32

Wall: 4

Level: Intermediate

Choreographer: Ami Carter (Aug 2013)

Music: My Man Music by Stooshe

Start on vocals - "Step left..."

[1 - 8] WALK x2, OUT-OUT, TWIST HEEL-TOE-HEEL, KICK & POINT, BALL-CROSS SHUFFLE

- 1 2** Step left foot forward, step right foot forward
- &3** Step left foot out to left side, step right foot out to right side (weight on both feet)
- &4&** Twist both heels in to centre, twist both toes in to centre, twist both heels in to centre
- 5&6** Kick right foot forward, step right foot next to left, point left toe to left side
- &7&8** Step ball of left foot next to right, cross right over left, step left slightly to left side, cross right over left

[9 - 16] SLIDE LEFT, BACK ROCK, SLIDE RIGHT, BEHIND, ¼ TURN, LEFT LOCK STEP, STOMP-STOMP, KNEE POP

- 1 2&** Take a long step to left side, step right foot back and behind left, recover weight forward onto left foot
- 3 4&** Take a long step to right side, step left foot behind right, make ¼ turn right stepping right foot forward (3.00)
- 5&6** Step left foot to left diagonal, lock ball of right foot behind left, step left foot to left diagonal (angle body to right diagonal for styling)
- &7** Stomp right foot forward, stomp left foot next to right (weight on both feet)
- &8** Pop both knees out to sides (bend knees and lift heels), return both knees to centre (straighten knees and drop heels)

[17 - 24] LEFT MAMBO FWD, RIGHT MAMBO BACK, STEP ½ PIVOT, STEP, FULL TURN

- 1&2** Step left foot forward, recover weight back onto right foot, step left foot slightly back
- 3&4** Step right foot back, recover weight forward onto left foot, step right foot slightly forward
- 5&6** Step left foot forward, make ½ turn right shifting weight to right foot, step left foot forward (9.00)

7 8 Make ½ turn left stepping right foot back (3.00), make ½ turn left stepping left foot forward (9.00)

[25 - 32] STEP ¼ PIVOT x2 (with Hip Rolls), STEP 1/8 PIVOT x2 (with Hip Rolls), STEP ¼ PIVOT, TOGETHER

1 2 Step right foot forward (push hips back) make ¼ turn left shifting weight to left foot (circle hips anti-clockwise) (facing 6.00)

3 4 Step right foot forward (push hips back) make ¼ turn left shifting weight to left foot (circle hips anti-clockwise) (facing 3.00)

5&6& Step right foot forward, make 1/8 turn left shifting weight to left (circle hips anti-clockwise), step right foot forward, make 1/8 turn left shifting weight to left (circle hips anti-clockwise) (12.00)

7&8 Step right foot forward, make ¼ turn left shifting weight to left, step right foot next to left (9.00)

START AGAIN

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