

MTE Inspiration

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Count: 108

Wall: 1

Level: Phrased Intermediate

Choreographer: Sherika Alford - March 2020

Music: Wonderful (Stevie Wonder Dedication) by India.Arie (5:31) ("Acoustic Soul" album)

Dance starts on lyrics, 36 counts after rhythm starts (53 seconds into track)

Sequence: A, A, B, C, A, A, B, C, A, A, B, C, A, A, B

Part A

[1-8] SHUFFLE R, HITCH R, SHUFFLE FWD, TAP L, POINT L, 1/4 TURN L

1&2&3, 4 Step R to Side, Step L Beside R, Step R to Side, Step L together, Touch R Fwd, Hitch R

5&6&7, 8 Step R Fwd, Step L Beside R, Step R Fwd, Tap L Beside R, Point L to Side, 1/4 Turn L
(Weight on R)

[9-16] COASTER STEP, TAP, STEP, 1/4 TURN L, COASTER STEP, WALK FWD

1&2&3, 4 Step L Back, Step R Beside L, Step L Fwd, Tap R Beside L, Step R Fwd, 1/4 Turn L (weight to R)

5&6, 7-8 Step L Back, Step R Beside L, Step L Fwd, Step R Fwd, Step L Fwd

Part B

note: The side to side movement in Part 2 is done at on the diagonal, you continue to "face" 12 o'clock

[17-24] CROSS STEP, CROSSING SHUFFLE, TAP, STEP, CROSSING SHUFFLE, STEP

1-2, 3&4 Cross R over L, Step L to Side, Cross R over L, Step L to Side, Cross R over L

&5, 6&7, 8 Tap L Beside R, Step on L, Cross R over L, Step L to Side, Cross R over L, Step L to Side

[25-32] SWAYS, BALL CROSS, STEP, CROSSING SHUFFLE

1-4 Sway R, Sway L, Sway R, Sway L

&5, 6, 7&8 Step R Beside L, Cross L over R, Step R to Side, Cross L over R, Step R to Side, Cross L over R

[33-40] TAP, STEP, CROSSING SHUFFLE, TAP, STEP

&1, 2&3 Tap R Beside L, Step R to Side, Cross L over R, Step R to Side, Cross L over R

4, 5, 6&7, 8 Tap R Beside L, Step R to Side, Cross L over R, Step R to Side, Cross L over R, Tap R to Side

[41-48] SWAYS, ROLLING VINE

1-4 Step on R and Sway R, Sway L, Sway R, Sway L

5-8 1/4 Turn R Stepping R Fwd, 1/2 Turn R Stepping L Back, 1/4 Turn R Stepping R to Side, Tap L to Side

[49-56] BODY ROLLS, ROLLING VINE

1-4 Roll Weight Fwd & Up, Roll Weight Down onto R, Roll Weight Up on R, Roll Weight Down onto R,

5-8 1/4 Turn L Stepping L Fwd, 1/2 Turn L Stepping R Back, 1/4 Turn L Stepping L to Side, Tap R to Side

[57-64] BODY ROLLS, SAILOR STEPS

1-4 Roll Weight Up on L, Roll Weight Down, Roll Weight Up, Roll Weight Down onto L

5&6, 7&8 Step R Behind L, Step L to Side, Step R to Side, Step L Behind R, Step R to Side, Step L to Side

[65-72] SAILOR STEPS, STEP BACK, SHUFFLE BACK, HITCH

1&2, 3&4 Step R Behind L, Step L to Side, Step R to Side, Step L Behind R, Step R to Side, Step L to Side

5, 6&7, 8 Step R Back, Step L Back, Step R Beside L, Step L Back, Step R Back and Hitch L

Part C

[73-80] WALK FWD, DIP ON R, CHA-CHA IN PLACE, DIP ON R

1-4 Step L Fwd, Step R Fwd, Step L Fwd, Tap R Beside L

5, 6&7, 8 Step R Fwd Dipping down, Rise Up Putting Weight on L, Step R Beside L, Step Down on L, Step R Fwd Dipping Down

[81-88] CHA-CHA IN PLACE, DIP ON R, CHA-CHA IN PLACE, TAP R, TAP L

1&2, 3 Rise Up Putting Weight on L, Step R Beside L, Step Down on L, Step R Fwd Dipping Down

4&5, 6-8 Rise Up Putting Weight on L, Step R Beside L, Step Down on L, Tap R Fwd, Step R Back, Tap L Fwd

[89-96] STEP L BACK, TAP R, STEP R FWD, TAP L FWD, DIP ON L, CHA-CHA IN PLACE, DIP ON L

1-4 Step L Back, Tap R Fwd, Step R Fwd, Tap L Fwd

5, 6&7, 8 Step L Fwd Dipping Down on L, Rise Up Putting Weight on R, Step L Beside R, Step R Beside L, Step L Fwd Dipping Down on L

[97-104] CHA-CHA IN PLACE, DIP ON L, CHA-CHA IN PLACE, TAP, STEP BACK, TAP

1&2, 3 Rise Up Putting Weight on R, Step L Beside R, Step R Beside L, Step L Fwd Dipping Down on L

4&5, 6, 7, 8 Rise Up Putting Weight on R, Step L Beside R, Step R Beside L, Tap L Fwd, Step L Back, Tap R Diagonally Fwd

[105-108] ROLLING VINE TO R

1-4 Turn 1/4 R Stepping R Fwd, Turn 1/2 R Stepping L Back, Turn 1/4 R Stepping R to Side, Step L Beside R

Step Description by Steve Cavanaugh (steve@appleblossom.net)