

# IT'S A WIND UP

LINEDANCE.COM

**Count:** 64

**Wall:** 2

**Level:** beginner/intermediate

**Choreographer:** Sheridan Gill

**Music:** Wind It Up (Main Mix) by Gwen Stefani

## RIGHT & LEFT HEEL DIGS, KICK BALL CHANGE, STEP, PIVOT ½ LEFT

- 1-2** Dig right heel diagonally to right, step right to place
- 3-4** Dig left heel diagonally to left, step left to place
- 5&6** Kick right forward, step right beside left, step onto left in place
- 7-8** Step right forward, pivot ½ turn left

## FORWARD ROCK, TRIPLE FULL TURN, FORWARD ROCK, COASTER STEP

- 9-10** Rock forward on right, recover onto left
- 11&12** Triple full turn right stepping right, left, right
- 13-14** Rock forward on left, recover onto right
- 15-16** Step back left, step right beside left, step forward left

## RIGHT STRUT, KICK BALL CHANGE, LEFT STRUT, KICK BALL CHANGE

- 17-18** Step right toe forward, drop right heel taking weight
- 19&20** Kick left forward, step left beside right, step onto right in place
- 21-22** Step left toe forward, drop left heel taking weight
- 23&24** Kick right forward, step right beside left, step left in place

## FORWARD ROCK, RIGHT SHUFFLE ½ TURN, FORWARD ROCK, COASTER STEP

- 25-26** Rock forward on right, recover onto left
- 27&28½** Turn right stepping forward right, close left beside right, step forward right
- 29-30** Rock forward on left, recover onto right
- 31&32** Step back left, step right beside left, step forward left

## RIGHT HEEL GRIND, COASTER STEP, LEFT HEEL GRIND, COASTER STEP

- 33-34** Touch right heel forward grinding heel. Step back onto left
- 35&36** Step back right, step left beside right, step forward right

**37-38** Touch left heel forward grinding heel. Step back onto right

**39&40** Step back onto left. Step right beside left. Step forward on left

### **FORWARD ROCK, TRIPLE FULL TURN, FORWARD ROCK, COASTER STEP**

**41-42** Rock forward on right, recover onto left

**43&44** Triple full turn right stepping right, left, right

**45-46** Rock forward on left, recover onto right

**47&48** Step back left, step right beside left, step forward left

### **MONTEREY ½ TURN RIGHT TWICE**

**49-50** Touch right to right side. On ball of left, turn ½ right stepping right beside left

**51-52** Touch left to left side. Step left beside right

**53-54** Touch right to right side. On ball of left, turn ½ right stepping right beside left

**55-56** Touch left to left side. Step left beside right

### **FORWARD ROCK, COASTER STEP, FORWARD ROCK, ½ TURN UNWIND**

**57-58** Rock forward on right, recover onto left

**59&60** Step back on right, step left beside right, step forward right

**61-62** Rock forward on left, recover onto right

**63-64** Touch left behind right, unwind ½ turn left, ending with weight on left foot

### **REPEAT**