

It's A Wind Up

64 count, 2 wall, beginner/intermediate level
Choreographer: Sheridan Gill (UK) Dec 2006
Choreographed to: Wind It Up (Main Mix) by Gwen Stefani, The Sweet Escape Album

16 count intro - Start on full lyrics

Right & Left Heel Digs, Kick Ball Change, Step, Pivot 1/2 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 1/2 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 1/2 Turn, Forward Rock, Coaster Step

- 25 - 26 Rock forward on right, recover onto left
27 & 28 1/2 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 1/2 Turn Right x 2

- 49 - 50 Touch right to right side. On ball of left, turn 1/2 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 1/2 right stepping right beside left.
55 - 56 Touch left to left side. Step left beside right

Forward Rock, Coaster Step, Forward Rock, 1/2 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 1/2 turn left, ending with weight on left foot.
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