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Wings On My Heels 64 Count, 4 Wall, Improver

64 Count, 4 Wall, Improver Choreographer: Judith Kennedy & Hayley Wheatley (UK) Feb 2016

Choreographed to: Wings on My Heels by Raymond Froggatt

(Country singer Robert E Lee does a great version. Contact him via Western Express's website)

Intro: 16 beats

[1-8] 1-2 3-4 5-6 7-8	FIGURE OF EIGHT Step right to right, step left behind right Turn ¼ turn right, stepping forward onto right; step forward onto left (3.00) Pivot half right (9.00); turn ¼ right stepping left to left side (12.00) Cross right behind left; Turn 3/8 left stepping forward onto left (7.30 corner)
[9-16] 1-2 1-3 5-6 7-8	SWEEP, CROSS, TOUCH, BACK, SIDE STEP, CROSS, TOUCH, BACK, SIDE STEPSTEPROSS, TOUCH, BACK, SIDE STEP, CROSS, TOUCH Sweeping right foot to front cross right over left, touch left behind right Step back onto left, (squaring to 9.00) step right to right (To 10.30 corner) Cross left over right, touch right behind left, Step back onto right (squaring to 9.00) step left to left.
[17-24] 1-2 3-4 5-6 7-8	CROSS SIDE BEHIND, SWEEP, BEHIND SIDE CROSS. Cross right over left, step left to left Cross right behind left, sweep left in semi-circle to behind right Cross left behind right, step right to right Cross left over right, hold.
[25-32] 1-4 5-8	HIP BUMPS R.L.R, HOOK LEFT WITH ¼ TURN. LEFT LOCK LEFT Bump hips right, left, right. Hook left leg over right shin, turning ¼ left (6.00) Step forward on left, close right behind left, step forward on left, hold. *Restart here on wall 5
[33-40] 1-2 3&4 5-6 7&8	STEP TURN STEP, CLAP, CLAP X 2 Step forward on right, pivot half left, Step forward on right, Hold and clap twice Step forward on left, pivot half right, Step forward on left, hold and clap twice
[41-48] 1-4 5-8	BIG STEP, ROCK RECOVER TO RIGHT AND LEFT Big step right (2 beats) Rock onto left behind tight, recover onto right Big step left (2beats) Rock onto right behind left, recover onto left
[49-56] 1-4 5-6 7-8	MODIFIED RHUMBA BOX WITH ¼ TURN LEFT Step right to right, close left beside right, step right back, hold Making ¼ turn to left, step left to left, close right beside left Step left forward, hold (3.00)
[57-64] 1-2 5-8	ROCK AND CROSS X 2 Rock right onto right, recover onto left, cross right over left, hold Rock left onto left, recover onto right, cross left over right, hold. (3'00)

*Restart: Wall 5 after 32 counts Restart facing 6:.00