

kjnsdf

WIND BENEATH MY WINGS

Choreographer; Patricia Mori, 2/65 Brookman Avenue LANGFORD West Australia. 6147

Music; Dance & Listen DLD 1089 Track 13. Phase IV + I u ph.

Sequence; A. A. B. C. C. . . A. C. C. End:

INTRO; CP/WALL, WAIT 2 MEAS ;; ALAMANA ;; CP WALL:

Fwd L rec R sd L; BK R rec L sd R; (Bk R rec L sd R; Fwd L Bk R sd L)

A, ½ BASIC; FAN; ALAMANA ;;

1-4 Fwd L rec R sd L; Bk R rec L sd R; Fwd L rec R sd L; Bk R rec L sd R;

(Bk R rec L sd R; fwd L sd/bk R bk L; cl R to L fwd L fwd R; XLif fwd R sd L;)

5-8 HAND TO HAND; BOTH SPIRAL; TO AIDA; ROC 3; CUCUARACHA;

Bk L rec R sd/fwd L; " trn rt face to spiral" Fwd R sd/fwd L bk R;

(Bk R rec L sd/fwd R;" trn lf face to spiral" fwd L sd/fwd R bk L;)

Fwd L rec R fwd L; sd R rec L cl R to L; (Fwd R rec L fwd R; sd L rec R cl L to R;)

B HIP TWIST; FAN; HOCKEYSTICK LUNGE; FAN;

1-4 Fwd L rec R sd L; Bk R rec L sd R; fwd L rec R extend L to side; cl L to R step R, cl L to R ;

(Bk R rec/fwd L fwd R; Fwd L fwd R sd/bk L; cl R to L fwd L sd/fwd R to lunge; fwd L fwd R sd/bk L;)

5-8 HOCKEY STICK ;; NEW YORKER; SPOT TURN;

Fwd L rec R sd L; Bk R rec L sd R ; XLif rec R sd L; XRif sd / fwd L sd R;

(cl R to L fwd L fwd R; fwd L fwd R sd/bk L; XRif rec L sd R; XLif sd/fwd R sd L;)

9-12 ALAMANA WITH ROPE SPIN ;; LARIAT;;

Fwd L rec R sd L ; bk R rec L sd R; Fwd L rec R sd L; bk R rec L sd R; sd L rec R cl L to R;

Sd R rec L cl R to L; (bk R rec L sd R; XLif sd/fwd R sd L; "turn rf face to spiral
" fwd R fwd L fwd R; fwd L fwd R fwd L;)

13-16 FENCELINE TWICE ;; SPOT TURN TWICE ;;

XLif rec R sd L; XRif rec L sd R; XLif sd/fwd R sd/fwd L' XRif sd/fwd L sd/fwd R;

(XRif rec L sd R; XLif rec R sd L; XRif sd / fwd L sd/fwd R; XLif sd/fwd R sd/fwd L;)

C ½ CHASE " MAN FULL TURN"; NEW YORKER; WHIP;

1-4 Fwd L sd/fwd R sd/bk L; bk R rec L sd R; XLif rec R sd L; bk R rec L sd R;

(Bk R rec L sd R; fwd L rec R sd L; XRif rec L sd R; sd/fwd L fwd R sd L;)

5-8 REPEAT 1-4

END. CP SIDE CORTE:

CP wall sd L lower into knee; Tilt Body to R; (sd R lower into knee; Tilt Body to L;)