



Wind Up Ya Waist
32 Count 4 Wall Intermediate

Choreographer: Ami Carter (UK)

Date Choreographed: July 2013

Music: My Man Music by Stooshe (90bpm - available on iTunes and Amazon) **Album:** London with the Lights On

Start on vocals - "Step left..."

1 – 8 WALK x2, OUT-OUT, TWIST HEEL-TOE-HEEL, KICK & POINT, BALL-CROSS SHUFFLE

1 2 Step left foot forward, step right foot forward

&3 Step left foot out to left side, step right foot out to right side (weight on both feet)

&4& Twist both heels in to centre, twist both toes in to centre, twist both heels in to centre

5&6 Kick right foot forward, step right foot next to left, point left toe to left side

&7&8 Step ball of left foot next to right, cross right over left, step left slightly to left side, cross right over left

9 – 16 SLIDE LEFT, BACK ROCK, SLIDE RIGHT, BEHIND, ¼ TURN, LEFT LOCK STEP, STOMP-STOMP, KNEE POP

1 2& Take a long step to left side, step right foot back and behind left, recover weight forward onto left foot

3 4& Take a long step to right side, step left foot behind right, make ¼ turn right stepping right foot forward (3.00)

5&6 Step left foot to left diagonal, lock ball of right foot behind left, step left foot to left diagonal (angle body to right diagonal for styling)

&7 Stomp right foot forward, stomp left foot next to right (weight on both feet)

&8 Pop both knees out to sides (bend knees and lift heels), return both knees to centre (straighten knees and drop heels)

17 – 24 LEFT MAMBO FWD, RIGHT MAMBO BACK, STEP ½ PIVOT, STEP, FULL TURN

1&2 Step left foot forward, recover weight back onto right foot, step left foot slightly back

3&4 Step right foot back, recover weight forward onto left foot, step right foot slightly forward

5&6 Step left foot forward, make ½ turn right shifting weight to right foot, step left foot forward (9.00)

7 8 Make ½ turn left stepping right foot back (3.00), make ½ turn left stepping left foot forward (9.00)

25 – 32 STEP ¼ PIVOT x2 (with Hip Rolls), STEP ⅛ PIVOT x2 (with Hip Rolls), STEP ¼ PIVOT, TOGETHER

1 2 Step right foot forward (push hips back) make ¼ turn left shifting weight to left foot (circle hips anti-clockwise) (facing 6.00)

3 4 Step right foot forward (push hips back) make ¼ turn left shifting weight to left foot (circle hips anti-clockwise) (facing 3.00)

5&6& Step right foot forward, make ⅛ turn left shifting weight to left (circle hips anti-clockwise), step right foot forward, make ⅛ turn left shifting weight to left (circle hips anti-clockwise) (12.00)

7&8 Step right foot forward, make ¼ turn left shifting weight to left, step right foot next to left (9.00)

START AGAIN

For any queries regarding this dance contact: blackvelvetdance@yahoo.co.uk

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