

# WINGS

**Choreographer:** Nadia Friel - Essendon, Victoria, August 2015, [nfriel@iprimus.com.au](mailto:nfriel@iprimus.com.au) Ph 0459411388

**Music:** Wings by Delta Goodrem

**Album:** Single - 3:27 mins

**Level:** Intermediate, 2 wall dance 64 beat

**Start:** 16 counts in on vocals

## BEATS STEPS

**1 – 8 Walk forward, forward, Coaster Forward, Walk back, back, Coaster back (12:00)**

1,2,3&4 Step R forward, step L forward, step R forward, step L beside R, step R back

5,6,7&8 Step L back, step R back, Step L back, step R beside L, step L forward

**9 - 16 Forward, rock back, 1/2 turn shuffle, full turn, 1/4 pivot turn (9:00)**

1,2,3&4 Step R forward, rock back on L, *turning 1/2 R* shuffle forward stepping RLR

5,6,7,8\* *Turning 1/2 R* step L back, *turning 1/2 R* step R forward, Step L forward, pivot 1/4 R\*

**17 - 24 Across, side, sailor step, across, side, 1/4 turn back, together, forward, (12:00)**

1,2,3&4 Step L across R, step R to side, step L behind R, step R to side, step L to side

5,6,7&8 Step R across L, step L to side, *turning 1/4 R* step R back, step L beside R, step R forward

**25 - 32 Forward, 1/2 turn, 1/2 turn shuffle forward, walk, walk, step out, out, (9:00)**

**pivot /4 L moving hips in anti clockwise half circular motion (weight ending on R)**

1,2,3&4 Step L forward, *Turning 1/2 L* step R back, *turning 1/2 L shuffle forward* LRL

5,6,&7,8 Step R forward, Step L forward, step R out to side (&), step L out to side, (7),

On count 8 - As you turn 1/4 L move hips anti clockwise in slight 1/2 circular motion as you change weight from L to R

**33 - 40 Behind, side, across, side, recover, behind, side, across, side recover, (9:00)**

**1/4 L across, side, behind, side, side**

1,2,3&4 Step L behind R, Step R to side, Step L across R, Step R to side, Recover weight on L

5,6,7&8 Step R behind L, step L to side, step R across L, step L to side, recover weight on R

**41 - 48 Turn 1/4 L across, side, sailor step, forward pivot 1/2 L, fwd pivot 1/2 L (6:00)**

1,2,3&4 *Turning 1/4 L* step L across, step R to side, step L behind R, step R to side, step L to side

5,6,7,8 Step R forward, pivot 1/2 turn L, Step R forward, pivot 1/2 turn L \*\*\*Restart

**49 - 56 Fwd, rock back, 1/2 R fwd, 1/4 L side, Step R to side, Across, rock back, side shuffle (3:00)**

1,2,3&4 Step R forward, rock back on L, *turning 1/2 R* step R fwd, *turning 1/4 R* step L to side, rock R to side

5,6,7&8 Step L across, rock back on R, side shuffle to L stepping LRL

**57 - 64 Across, Rock back, 1/4 R fwd, 1/4 R side, recover, Across, rock back, 1/4 shuffle fwd (6:00)**

1,2,3&4 Step R across, rock back on L, *turning 1/4 R* step R fwd, *turning 1/4 R step L to side*, rock to R

5,6,7&8 Step L across, rock back on R, *turning 1/4 L* shuffle forward LRL

## REPEAT

**Restart:** On wall 2 after count 48 which is after the 2 pivot turns **restart** facing the front

**Ending:** Change count 16 to a pivot to the front, Step L forward and drag R