

WIND BENEATH MY WINGS

CHOREO: Bill & Martha Buck, 521 Woodbine Dr, Shreveport, LA 71105 318-869-1879
RECORD: STAR 130 A "Wind Beneath My Wings" [flip: "Como Tue Quieres] **CORRECTED C/S**
PHASE: Phase V+1 Rumba Footwork: Opposite unless noted **Speed 42/43 RPM**
SEQUENCE: INTRO ABC AC(1-14) TAG Release date 6/2000

INTRO

1-4 WAIT 2 MEAS (CP DRW):-; CONTRA CHECK,REC, SD; FAN;

- 1-2 In CP DRW wt 2 meas;-;
3 Flex R knee fwd L w/ R shld ld look at W (W flex L knee bk R w/R sd fwd and look well to L), rec R, sd L to SCP LOD,-;
4 Bk R leading W fwd, rec L, sd R .-, (W fwd L, fwd R trng Lf to fc RLOD, bk L,-,) to end in FAN pos M fcg WALL M's L & W's R hd jnd;

PART A

1-6 HOCKEY STICK:-; OP BREAK; FULL NATURAL TOP:-;:

- 1-2 Fwd L, rec R, cl L,-(W cl R, fwd L, fwd R,-); Bk R, rec L, fwd R following W,-, (W fwd L, fwd R trng LF to fc ptr, sd & bk L,-) to end fcg DRW;
3 Rk apt L to LOFP ext free arm up w/palm out, rec on R lowering free arm, sd L,-;
4-6 XRib trn RF, sd L, xRib cont trn,-,(W sd L, xRif, sd L,-); sd L, xRib cont trn, sd L,-,(W xRif, sd L, xRif.-), xRib cont trn, sd L, cl R,-, (W sd L, xRif, sd L,-) end fcg ptr & WALL;

7-10 ALEMANA TO ROPE SPIN TO R/R HANDS:-;-;:

- 7-8 Fwd L, rec R, cl L raising jnd ld hds,-,(W bk R, rec L, fwd R twd M comm RF trn,-); bk R lding W to trn under jnd ld hds, rec L, cl R extending L sd of body to lead W to spiral RF,-, (W fwd L across body & trn RF under jnd ld hds, fwd R cont trng RF, sd & fwd L to M's R sd & spiral RF full trn under jnd ld hds to end at M's R sd,-);
9-10 Push sd L, rec R, cl L,-, (W fwd R,L,R around M beh back,-); Push sd R, rec L, cl R,-, (W cont RF circle around Man L,R,L,-) to end fcg ptr & WALL to R/R hds;

11-13 SHADOW BREAKS TWICE:-; REV UNDERARM TURN TO L-SHAPE;

- 11-12 XLib (W xRib) to sd by sd pos W's L hd beh M, rec R to fc ptr, sd L,-; xRib (W xib), M's L hd beh W, rec L to fc ptr, sd R,-;
13 XLif, rec R, sd L,-, TO FC Wall (W xRif under jnd R-R hds trng ½ LF, rec L cont trn to fc LOD, fwd R to fc LOD,-);

14-16 PARALLEL BREAKS:-; UNDERARM TURN;

- 14-15 Bk R lead W across in front of M, rec L comm a ¼ LF trn, side & fwd R finish ¼ LF trn to fc LOD-[think whip action] (W Fwd L, fwd R comm LF trn ½ on ball of R, sd & bk L finish trn to fc WALL,-); Fwd L, fwd R comm LF trn ½ on ball of R, sd & bk L finish trn to fc Wall.- [think whip man action] (W bk R ld man across in front of W, rec L comm ¼ LF trn, sd & fwd R finish ¼ LF trn to fc LOD,-);
16 Bk R, rec L, sd R,-,(W xLif under jnd R-R hds trng ½ RF, rec R cont RF trn to fc ptr, sd L,-);

PART B

1-5 OPEN HIP TWIST OVERTURNED TO TANDEM; LOWER & RISE; LADY OUT TO FAN; STOP & GO HOCKEY STICK w/X LUNGE REC TO FCG FAN:-;

- 1-2 Fwd L, rec R, cl L to R bracing L arm to ld W swivl RF ½ to end in tandem both now fcg the Wall W if of M,-; Lower into L knee and ext R free leg out to sd,-, rise w/ no wgt chg,-;
3 Bk R, rec L, sd R,-,(W fwd L comm LF trn, fwd R cont trn to fc RLOD, bk L leave R ext,-);
4-5 Fwd L, rec R, release hds cl L,- (W cl R, fwd L to RLOD trn Lf to fc Wall, sd R now in front of M); XRif of L twd DLW w/relaxed knee look twd W (W xLib of R twd RLOD look L twd M) ext arms out to sd, rec L, bk R trng LF to fc ptr & LOD jn ld hds (W fcg RLOD,-);

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6-8 FWD BASIC; BACK WALKS BLEND TO BOLERO BJO;-;

6-8 Fwd L, rec R, bk L; Bking RLOD bk R,L,R,-; Bk L,R,L blend to bol bjo,-;

9-12 WHEEL;-; CHEST PUSH HOCKEY STICK ENDING; LUNGE/SIT LINE, REC,SD;

9-10 In bol bjo pos M's R & W's R hds arnd ptr's waist & free L hd curv over the head both wheel fwd R,L,R,-; L,R,L to end M fcg DRW W pl R hd on M's chest, -;

11-12 Bk R, rec L, fwd R to fc,-, (W gently push off M's chest fwd L DRW, fwd R trng LF to fc M, bk L,-); Lower on R slide L out to sd, rise no wgt chg, sd L,-, (W bk R to sit action, rec fwd L, sd & fwd R,-);

13-16 ALEMANA END TO CUDDLES POS; CUDDLES TWICE;-; BODY ROLL;

13 Bk R, rec L, cl R to end loose CP M fcg WALL,-, (W xLif of R under jnd ld hds trng ½ RF, fwd R cont trn to fc M, sd L,-);

14-15 Sd L slight body trn RF extend L hd up & out, rec R body trn LF, cl L loose CP WALL,-; (W trn RF sd & bk R ext rt arm out, rec L trn LF, sd R small stp,-); Sd R body slight trn RF ext L hd up & out, rec R body trn Lf, cl L to CP WALL,-; (W trn LF sd & bk L ext L arm out, rec R trn RF, sd L sml stp,-);

16 In CP sway left roll body CCW from waist,-, cont roll body CCW,-; NOTE: no wgt chgs

PART C

1-6 ALEMANA OVERTRN TO TANDEM SHAD/WALL M TRANS w/PT;-; SHAD CRAB WALK 3; HIP RKS 3; SHAD CRAB WALK 3; ROLL LADY TO FAN M TRANS;

1-2 Release trailing hds fwd L, rec R, cl L raising jnd ld hds,-, (W bk R, rec L, fwd R twd M comm RF trn,-); Bk R lding W to trn RF under jnd ld hds, rec L, pt R to sd RLOD,-, now in shad both fcg WALL M slightly to L sd of W (W trn ¼ RF under jnd ld hds fwd L twd LOD, fwd R cont trn to fc ptr, sd & fwd L cont trn to fc WALL,-); NOTE: W makes 1 ½ RF trn on Meas 2

3-5 Identical footwork L-L hds jnd M's R hd on W's R hip xRif, sd L, xRif,-; Rk sd L, R, L with hip rks,-; Xrif, sd L, xRif,-;

6 Fwd L, fwd R/cl L take W's R hd in M's L hd, sd & bk R,-, (fwd L trn LF, fwd R cont trn to fc RLOD, bk L,-); **TIMING: M Q&QS W QQS**

7-10 START HOCKEY STICK & CK; CUCARACHA'S TWICE;-; FINISH HOCKEY STICK OVERTURNED;

7-9 Fwd L, rec R, cl L (W cl R, fwd L, fwd R) make a window M puts R hd on W's waist,-; sd R twd RLOD, rec L, cl R (W sd L twd Wall, rec R, cl L,-); Sd L twd LOD, rec R,-; cl L (W sd R twd COH, rec L, cl R,-);

10 Bk R, rec L, sd and fwd R (fwd L, fwd R trng LF cont trn, fwd L to fc RLOD)-;

11-13 SLOW SWIVELS TO FC; LOWER AND RISE; LADY ROLL IN;

11 M's L & W's R hds jnd low sd L,-,sd R,- (W swivel on L RF & step twd Wall on R,-,swvl on R LF & step twd COH and look at ptr,-);

12 Lower into R knee allowing L leg to ext to sd with R arm out to sd,-, slowly rise to original pos,- (W cl R & lower into knees shape upper body to M bring L hd to waist,-, rise straightening knees and stretch L arm up pass face as in "op break" figure,-);

13 Hold roll W in RF, sd L, point R to sd,-, (W roll RF full trn R, L, R,- to fc M with R Hd on M's chest);

14-16 HOCKEY STICK ENDING; ½ BASIC; FAN;

14 Repeat Meas 11 Part B

15 Fwd L, rec R, sd L,-; Bk R, rec L, sd R,-, (W fwd L, trng LF sd & bk R making ¼ trn to left jn ld hds, bk L leave R ft extended fwd,-);

REPEAT A

REPEAT C (1-14)

TAG

1-2 ½ BASIC TO WRAP BOTH FC WALL; RK SD, REC, PT;

1-2 Fwd L, rec R, sd L trng W LF to wrap pos WA LL,-; Rk sd R, rec L, pt M's R & W's L ft to sd,-;