

A Wind Up

32 count, 4 wall, beginner/intermediate level
Choreographer: Robbie McGowan Hickie (UK)
July 2003

Choreographed to: How'd I Wind Up In Jamaica by
Tracy Byrd CD - The Truth About Men (94 bpm);
Shipwrecked by Sunshine Cowboys CD - LD Fever 6

Intro/Count In:16

Side. Together. Right Scissors. Side Rock & Step Forward. Right Lock Step Forward.

- 1 – 2 Step Right to Right side. Close Left beside Right.
3&4 Step Right to Right side. Close Left beside Right. Cross step Right over Left.
5&6 Rock Left to Left side. Recover weight on Right. Step forward on Left.
7&8 Step forward on Right. Lock Left behind Right. Step forward on Right.

Left Mambo Forward. Right Shuffle 1/2 Turn Right. Step. 1/4 Turn Right. Cross. Chasse Right.

- 1&2 Rock forward on Left. Rock back on Right. Step back on Left.
3&4 Right shuffle back turning 1/2 turn Right stepping Right. Left. Right.
5&6 Step forward on Left. Pivot 1/4 turn Right. Cross step Left over Right.
7&8 Step Right to Right side. Close Left beside Right. Step Right to Right side. (Facing 9 o'clock)

Cross Rock & Touch. Cross Rock & 1/4 Turn Left. Side Rock & Cross (Right & Left).

- 1&2 Rock Left forward across Right. Rock back on Right. Touch Left toe to Left side.
3&4 Rock Left forward across Right. Rock back on Right. Step Left 1/4 turn Left.
5&6 Rock Right to Right side. Recover weight on Left. Cross step Right over Left.
7&8 Rock Left to Left side. Recover weight on Right. Cross step Left over Right. (Facing 6 o'clock)

Chasse 1/4 Turn Right. Step. Pivot 1/2 Turn Right. Step. Right Lock Step Forward. Hip Bumps.

- 1&2 Step Right to Right side. Close Left beside Right. Step Right 1/4 turn Right.
3&4 Step forward on Left. Pivot 1/2 turn Right. Step forward on Left.
5&6 Step forward on Right. Lock Left behind Right. Step forward on Right.
7&8 Step Left slightly Left bumping hips Left. Bump hips Right. Bump hips Left. (Facing 3 o'clock)

Optional Ending: (When using music by Tracy Byrd) ... Music ends on Counts 7&8 of Section 2
(Chasse Right) ... do a Chasse 1/4 turn Right to finish facing Front Wall
