

WIND BENEATH MY WINGS III

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RECORD: S.T.A.R. 130 A "Wind Beneath My Wings" [flip "Como Tu Quieres"]

PHASE: Phase III + 2 rumba (fan & hockey stick)

FOOTWORK: Opposite unless noted

SEQUENCE: INTRO ABC AC(MOD 1-14) TAG

SPEED 41/42

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INTRODUCTION

- 1 – 4 **TAMARA POS M FCG COH WAIT PU'S & 2 MEAS;-; WHEEL 3; UNWRAP BFLY;**
1 – 2 Ld ft free W's L arm beh her back M's R hd in W's left, W's R & M's L hds jnd & raised w/curved arms forming a window wait PU notes and 2 meas;-;
3 – 4 Both wheel 1/4 RF fwd L,R, L,- to fc LOD (W RLOD); M cont RF trn R,L,R to fc the WALL(W unwrap LF) to end fcg ptr & WALL in BFLY.-;

PART A

- 1 – 4 **BASIC;-; CRAB WALK ; SIDE WALK ;**
1-2 [Basic] Fwd L, rec R, sd L,-; Bk R, rec L, sd R,-;
3 [Crab Walk _] Moving RLOD xLif (W xRif) of R, sd R, xLif (w xRif) of R,-;
4 [Side Walk _] Sd R, cl L, sd R,-;
- 5 – 8 **NEW YORKER; SPOT TURN; HAND to HAND; TWICE;**
5 [N.Y.er] Thru L RLOD (W thru R), rec R to fc, sd L to momentary BFLY,-;
6 [Spot Trn] Thru R LOD trn _ LF fc RLOD, fwd L cont trn to fc ptr, sd R,-;
7-8 [Hd/Hd 2x] Release ld hds beh L trn LF to OP LOD, rec R to fc, sd L; Release trailing hds beh R trng RF to fc RLOD, rec L to fc, sd R,-;
- 9-12 **BREAK TO OP LOD; PROG WALK 3; SLIDING DOOR; BOX FWD;**
9 [Break to OP] Release ld hds swvl on R & stp beh L trng LF to OP LOD, rec fwd R, fwd L,- (W beh R trng RF, rec fwd L, fwd R);
10 [Prog walk 3] Fwd LOD R, L, R,-;
11 [Sliding Door] Rk sd L, rec R releasing hds, xLif of R chg sds beh W both still fcg LOD,-;
12 [1/2 Box Fwd] Sd R, cl L, fwd R (W fwd L),-;
- 13-16 **PROG WALK 3; RK SIDE RECOVER FWD; FACE SIDE CLOSE; 1 CUCURACHA;**
13 [Prog Walk 3] Fwd LOD L, R, L,-;
14 [Rk sd Rec Fwd] Rd sd R WALL (W COH), rec L, fwd R,-;
15 [Fc Sd Cl] Thru L trng to CP COH, sd R, cl L,-;
16 [Cucar] Sd R, rec L, cl R fcg COH,-;

PART B

- 1 – 4 **TWIRL LADY TO TAMARA; WHEEL 6 FC COH;-; UNWRAP TO CHANGE SIDES (Bfly/W);**
1 [Twirl to tamara] Keeping both hds jnd in pl L,R,L (W twirl RF under ld hds R,L,R to end fcg COH) R hd beh W's bk with ld hds high look at ptr thru window,-;
2-3 [Wheel] Retaining pos both wheel fwd 1 full trn R,L,R,-; L,R,L back to fc COH,-;
4 [Unwrap] Cont wheel R,L, R unwrap W LF (W chg sds bet M & LOD) to BFLY WALL,-;
- 5 – 8 **NEW YORKER; THRU to SERPIENTE;-; FENCE LINE;**
5 [N.Y.] Thru L RLOD, rec R, sd L to BFLY fc ptr & WALL,-;
6-7 [Serpiente] Thru R LOD, sd L, xRib of L (W xib), fan L CCW; XLib of R (W xib), sd R RLOD, thru L RLOD, fan R CCW;
8 [Fence Line] Lunge thru LOD R, rec L, sd R,-;
- 9 – 12 **SPOT TURN to VARSOUVIENNE LOD; LF LARIET 9;-;-;**
9 [Spot trn Vars] XLif of R comm RF trn (W XRif), rec R cont trn to fc LOD, fwd L LOD to VARS,-;
10-12 [Lariet 9] Rk sd WALL R, rec L, cl R,-; Rk sd L, rec R, cl L,-; Rk sd R, rec L trng RF to fc WALL, cl R,-; (W circle arnd M LF L, R, L,-; R,L, R,-; L, R, L to fc ptr in BFLY,-;
- 13-16 **BASIC; FAN; HOCKEY STICK;-;**
13 [1/2 Basic] Rk fwd L WALL, rec R, sd L,-;
14 [Fan] Rk bk R, rec L, sd R (fwd L, rec R trng LF to fc RLOD, bk L) ld hds jnd low,-;
15-16 [H.S.] Fwd L, rec R, cl L (W cl R, fwd L, fwd R),-; Bk R, rec L, fwd R following the Lady (W fwd L, fwd R trng LF to fc ptr, sd L),-;

WINGS BENEATH MY WINGS III (Continued)

PART C

1 – 4 OP BREAK; WHIP FC COH; CRAB WALK 6;-;

- 1 [Op Bk] Strong apt L to LOP fcg extend M's R & W's L hds up along sd of fc then trn palm out, rec R lower free hd to Bfly, sd L,-;
- 2 [Whip] Bk R comm LF trn, rec fwd L cont trn, sd R to BFLY fcg ptr and COH.-;
- 3-4 [Crab Walks] Maintain BFLY pos XLif of R travel LOD, sd R, xLif of R,-; Sd R, xLif of R, sd R,-;

5 – 8 SPOT TURN; WHIP FC WALL; SHOULDER/SHOULDER; TWICE;

- 5 [Spot Trn] XLif of R (W xRif) trng RF to fc RLOD, rec R cont trn to fc ptr, sd L,-;
- 6 [Whip] Fcg COH repeat Meas 2 of PART C to fc WALL in BFLY;
- 7-8 [Shldr/Shldr] Fwd L to Bfly SCAR, rec R to fc, sd L,-; Fwd R to Bfly BJO, rec L to fc, sd R,-;

9 – 12 REVERSE UNDERARM TRN; UNDERARM TRN; NEW YORKER; FENCE LINE;

- 9 [Rev Undrm trn] XLif, rec R, sd L (W XRif under jnd ld hds trng _ LF, rec L cont trn to fc ptr, sd R),-;
- 10 [Undrm trn] Bk R, rec L, sd R (W xLif under jnd ld hds trng _ RF, rec R cont trn to fc ptrn, sd L),-;
- 11 [N.Y.] Trng RF to LOP RLOD rk thru L, rec R to BFLY WALL, sd L,-;
- 12 [Fence Line] Lunge thru LOD R, rec L, sd R,-;

13-16 CHASE PEEK-A-BOO;-;-;-;

- 13-14 [Chs peek-a-boo] Fwd L trng _ RF fc COH, rec R, cl L (W bk R, rec L, cl R),-; sd R looking over L shld, rec L, cl R,-;
- 15-16 [Cont chs peek-a-boo] Sd L looking over R shld, rec R, cl L,-; Fwd R trng _ LF fc WALL, rec L, cl R (W fwd L, rec R, cl L),-;

REPEAT PART A

REPEAT PART C (1-14) It is modified only because you start fcg COH and all fcg directions and line of travel are opposite of what is written:

1-14 OP BREAK; WHIP FC WALL; CRAB WALK 6;-; SPOT TRN; WHIP FC COH; SHLD/SHLD; TWICE; REVERSE UNDERARM TRN; UNDERARM TRN; N.Y.ER; FENCE LINE; CHASE PEEK-A-BOO END FCG WALL;-;

TAG

1 – 2 BOTH ROCK & TURN FC COH; RK SD, REC, PT,-;

- 1 [Both Rk & trn] Rk fwd L trng RF to fc COH, rec R, cl L (W rk fwd R trng Lf to fc COH, rec L, cl R) ,-;
- 2 [Rk sd rec pt] Rk sd R, rec L, pt R to side,-;

SEQUENCE: INTRO ABC AC (MOD 1-14) TAG

Version 1.1