

THE WIND BENEATH MY WINGS

DANCE BY NANCY & DEWAYNE BALDWIN

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AVAILABLE @ PALOMINO RECORDS 502-543-1521

RECORD STAR 130

FOOT WORK DIRECTIONS FOR MAN EXCEPT WHERE NOTED SPEED: 45

RHYTHM RUMBA PH III + 2 [AIDA + SWCH RK]

DATE 9-2012

SEQUENCE A B C A C [1-14] END

INTRO

1-4 BFLY;; BAS;;

Wait;; Fwd L, rec R, sd L,-; Bk R, rec L, sd R,-;

PART A

1-4 FNC LINE; THRU SERP;; SPT TRN;

BFLY XL lun, rec R, sd L,-; Thru R, sd L, bhd R, fan L; Bhd L, sd R, thru L, fan R;
XRif trn, rec L, sd R,-;

5-8 THRU SERP;; FNC LINE; AIDA;

Thru L, sd R, bhd L, fan R; Bhd R, sd L, thru R, fan L; XL lun, rec R, sd L,-; Fwd R trn,
sd L trn, bk R,-;

9-12 SWCH RK; CRB WLKS;; NY;

Trn sd L, rec R, sd & fwd L,-; XRif, sd L, XRif,-; Sd L, XRif, sd L,-; Thru R, rec L to fc, sd R,-;

13-16 SHLDR-SHLDR 2X;; CUCARACHA 2X;;

Rk fwd L, rec R, sd L,-; Rk fwd R, rec L, sd R,-; Sd L, rec R, cl L,-; Sd R, rec L, cl R,-;

PART B

1-4 START CHS PEEK-A-BOO DBL W TRANS;;;;

Fwd L trn, rec R, fwd L,-; Sd R, rec L, cl R,-; Sd L, rec R, cl L,-; Fwd R trn, rec L, fwd R
(W Fwd L trn, rec R, tch L),-;

5-8 SHADOW DRS;; SHADOW SD WLKS;;

SAME FOOTWORK Rk sd L, rec R, XLif,-; Rk sd R, rec L, XRif,-; Sd L, cl R, sd L,-;
Cl R, sd L, cl R,-;

9-12 FIN CHS W TRANS;;;;

Sd L, rec R, cl L,-; Sd R, rec L, cl R(W Sd R, rec L, tch R),-; Fwd L, rec R, bk L,-;
Bk R, rec L, fwd R,-;

13-16 DRS;; CIR 6;;

Rk sd L, rec R, XLif,-; Rk sd R, rec L, XRif,-; Fwd L trn, fwd R trn, fwd L trn,-; Fwd R trn,
fwd L trn, fwd R trn,-;

PART C

1-4 CHS;;;:

Fwd L trn, rec R, fwd L,-; Fwd R trn, rec L, fwd R,-; Fwd L, rec R, bk L,-; Bk R,
rec L, fwd R,-;

5-8 1/2 BAS; WHIP; FNC LINE 2X;;

Fwd L, rec R, sd L,-; Bk R trn, rec L, sd R,-; BFLY XL lun, rec R, sd L,-; XR lun,
rec L, sd R,-;

9-12 1/2 BAS; WHIP; SPT TRN; CRB WLK;

Fwd L, rec R, sd L,-; Bk R trn, rec L, sd R,-; XLif trn, rec R trn, sd L,-; XRif, sd L, XRif,-;

13-16 CRB WLK; SPT TRN; TIM STP 2X;;

Sd L, XRif, sd L,-; XRif trn, rec L trn, sd R,-; XLib, rec R, sd L,-; XRib, rec L, sd R,-;

END

1-2 1/2 BAS; BK & SD CORTE;

Fwd L, rec R, sd L,-; Bk R, sd L, melt & look RLOD,-;