

# Seven Winds

<b>Choreo:</b>	Věra Hájková & Matyáš Brenner	<b>Release:</b>	May 1, 2012
<b>Rhythm:</b>	Cha-cha	<b>Phase:</b>	V
<b>Footwork:</b>	Lady's opposite unless mentioned [ <i>Lady's footwork</i> ]		
<b>Music:</b>	Latin Expansion 3, track #13: Ani Lorak - Sem' vetrov (Russian) Cut out music from 2: 05, 37 to 2: 36, 7		
<b>Sequence:</b>	Intro – A B C – B C – A – End		

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## Introduction

- 1 – 4**      **wait pick up notes and 1 measure,; step fwd; swivel to FC; step tog to LOP FCG;**  
Wait in bk to bk position M facing center with lead foot free for both.
- 1---;      **[step fwd]** L stp fwd, -, -, -;
- 1---;      **[swivel to FC]** swivel on L ft with no wait change, -, -, -;
- 1---;      **[step tog]** R stp tog to LOP FCG, -, -, -;

## Part A

- 1 – 8**      **guapa ½ basic fwd; guapa fenceline 2x;; guapa ½ basic back; single cubans; slo sd break; alemana;;**
- &23&4;      **[guapa 1/2 basic fwd]** - & L chk fwd, R rec, L bk & R sd, L bk;
- &23&4;      **[guapa fenceline]** - & R chk thru, L rec, R sd & L cl, R sd;
- &23&4;      **[guapa fenceline]** - & L chk thru, R rec, L sd & R cl, L sd;
- &23&4;      **[guapa 1/2 basic back]** - & R chk bk, L rec, R fwd & L sd, R fwd;
- 1&23&4;      **[single cubans]** L XIF & R rec, L sd, R XIF & L rec, R sd;
- 1&-3&-;      **[slo sd break]** L stp sd & R sd, -, L stp in & R stp in, -;
- 123&4; 123&4      **[alemana]** L fwd, R rec, L bk slight R ft bk about ½ feet & R rec, L cl; swvl on L 1/8 RF R stp bk, L rec, R fwd & L lk, R fwd;  
*[R bk, L rec, R fwd & L lk, R fwd; swvl on R 1/8 RF L fwd trn, R fwd trn, L bk & R lk, L bk]*

## Part B

- 1 – 5**      **chase double peek-a-boo ½ (M trans) to shadow fc wall;;; single cuban breaks;**
- 123&4; 123&4;      **[chase double peek-a-boo 1/2 (M trans)]** L fwd trn, R rec, L fwd & R lk, L fwd; R sd, L rec, R cl & L stp, R stp; L sd, R rec, L cl & R stp, L stp; R fwd trn, L rec, R cl, L cl  
*[R fwd, L fwd, R fwd & L lk, R fwd; L sd, R rec, L cl & R stp, L stp; R sd, L rec, R cl & L stp, R stp; L fwd trn, R rec, L cl & R stp, L stp;]*
- 1&23&4;      **[single cuban breaks;]** R XIF & L rec, R sd, L XIF & R rec, L sd  
*[same footwork for lady]*
- 6 – 9**      **spot turn; shadow crab walks;; cross unwind to fc (M trans, lead foot free);**
- 123&4;      **[spot turn]** swvl on L 1/8 LF R fwd trn; L rec; R sd & L cl, R sd;  
*[same footwork for lady]*
- 123&4; 123&4      **[shadow crab walks]** L XIF, R sd, L XIF & R sd, L XIF; R sd, L XIF, R sd & L cl, R sd;  
*[same footwork for lady]*
- 1-3-;      **[cross unwind to fc (M trans)]** L XIF, -, unwind full turn RF change weight to R, -;  
*[L XIF, -, unwind ½ turn no weight change, -;]*

**Part C**

- 1 – 7**      **1/2 basic to natural top;; closed hip twist to fan;; hockey stick;; quick new yorkers;**
- 123&4; 123&4      **[1/2 basic to natural top]** L chk fwd, R rec trn 1/8 RF, sd & cl, sd trn 1/8 RF; R XIB, L fwd, R sd, L cl, R sd; terform  $\frac{3}{4}$  turn on 2<sup>nd</sup> measure  
*[R chk bk, L rec trn 1/8 RF, R sd & L cl, R sd trn 1/8 RF; L fwd, R fwd, L sd & R cl, L sd;]*
- 123&4; 123&4;      **[closed hip twist to fan]** L chk fwd & sd, R rec, L bk slight R  $\frac{1}{2}$  ft bk & R rec, L cl; R bk, L rec, R sd & L cl, R sd;  
*[trn RF R bk, L rec trn, R stp in place & L cl, R stp swvl RF to L pos; L fwd, R fwd trn, L bk & R lk (or cl), R bk;]*
- 123&4; 123&4      **[hockey stick]** L chk fwd, R rec, L stp & R stp, L stp; R bk, L rec, R fwd & L lk, R fwd;  
*[R cl, L fwd, R fwd & L lk, R fwd; L fwd, R fwd trn, L bk & R lk, L bk;]*
- 1&23&4;      **[quick new yorkers]** L thru & R rec to FC, L sd, R thru & L rec to FC, R sd;
- 8 – 9**      **FIRST TIME: new yorker; spot turn;**
- 123&4;      **[new yorker;]** L thru, R rec to FC, L sd & R cl, L sd;
- 123&4;      **[spot turn;]** R XIF trn, L rec trn, R sd & L cl, R sd;
- 8**      **SECOND TIME: new yorker in 4;**
- 1234;      **[new yorker in 4;]** L thru, R rec to FC, L sd, R cl;

**End**

- 1 – 9**      **1/2 chase (W trans);; shadow aida; shadow switch cross; parallel chase;; cuca; cuca W trans; lun apt.**
- 123&4; 123&4;      **[1/2 chase (W trans)]** L fwd trn, R rec, L fwd & R lk, L fwd; R fwd trn, L rec, R fwd & L lk, R fwd & sd;  
*[123&4; 1234;] [R bk, L rec, R fwd & L lk; R fwd, L fwd trn, R rec, L fwd, R fwd & sd]*
- 123&4;      **[shadow aida]** L XIF, R sd trn LF, L bk & R lk, L bk;  
*[same footwork for lady]*
- 123&4;      **[shadow switch cross]** R sd fc WL, L rec, R XIF & L sd, R XIF to SKTRS  
*[same footwork for lady]*
- 123&4; 123&4;      **[parallel chase]** L sd, R rec, L fwd & R lk, L fwd; R sd, L rec, R fwd & L lk, R fwd;  
*[same footwork for lady]*
- 123&4;      **[cuca]** L sd, R rec, L cl & R stp in place, L stp in place;  
*[same footwork for lady]*
- 123&4; [1234;]      **[cuca (W trans)]** R sd, L rec, R cl & L stp in place, R stp in place;  
*[R sd, L rec, R cl, L stp in place;]*
- 1---;      **[lun apt]** L sd to lun & hold.  
*[R sd to lun & hold.]*