



# MY MAN MUSIC (Wind up Ya Waist)



Artist: Stooshe

CD: London with the Lights On

Song available thru Amazon

Choreo: Darolyn Pchajek, [Darolyn@daretoclog.com](mailto:Darolyn@daretoclog.com) 147 Charing Cross Cres. Winnipeg, MB R2N 1N6 Canada

Wait 16 beats after the "Boom booms....."

Level: Advanced

## INTRO

2 Buck Basics  
Buck Joey  
Buck Triple  
4 Toe Heels

## CHORUS

Step Left  
Step Right  
Pull Your Knees Tight  
Sonic Step  
2 Vine Rock Slurs  
2 Buck Joeys  
Wind Up Ya Waist

## PART A

Slur Tennessee Down (*turn  $\frac{1}{2}$  left*)  
2 Irish Basics  
**Repeat both steps to front**  
Canadian Kicker Run  
Hell Train

## PART B

Tappin' Toes  
Pchajek [pay-jack] (*turn  $\frac{1}{2}$  left*)  
**Repeat both steps to front**

## CHORUS

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Step Right  
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**Repeat both steps to front**

## CHORUS

Step Left  
Step Right  
Pull Your Knees Tight  
Sonic Step  
2 Vine Rock Slurs  
2 Buck Joeys  
Wind Up Ya Waist

## PART C

Du Jour  
Barney (*turn  $\frac{1}{4}$  left*)  
**Repeat 3 more times to front (Make a box)**

## ENDING

Long Tennessee Up & Down (*turn  $\frac{1}{4}$  left on every Right Foot Tennessee Up*)  
Drag right toe forward for last bit in the music

## STEPS FOR MY MAN MUSIC

### **Buck Basic**

DT	Ball	Heel	Ball	Heel	Step
L	L	R	R	L	L
&a	1	e	&	a	2

### **Buck Triple**

DS	DS	DT	Ball	Heel	Ball	Heel	Step
L	R	L	L	R	R	L	L
&1	&2	&a	3	e	&	a	4

## STEPS FOR MY MAN MUSIC

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