



STEPS

Step Sheet



Anyway the Wind Blows

Music	Anyway the Wind Blows				Time	3:11 min	
Length	48 cnts	Tempo	91 bpm	Energy*	106 steps/min	Intro	8 cnts
Choreographer	Trudy Sherman		Based On	n/a			
# of Moves	4	Moves	Freeze, Grapevine, March, Rock				

Energy is calculated as (weight changes in sequence)(beats per minute for music)/(counts in sequence)

Counts in Sequence	Counts in Row	Description of Moves
		R & L: Freeze X3 (1/2 time), Rock side, Together (full time)
1-6	6	R step side, L step tog, R step side, L step tog, R step side, L step tog
7-8	2	Rock weight right onto R, rock back to the left onto L, R together, hold (Q-Q-S)
9-16	8	Repeat 1-8 on L
		R & L: Rock F/B, 3 Marches, Hold
17-18	2	R Rock weight fwd onto R, rock back onto L
19-20	2	3 Marches R-L-R, hold (Q-Q-S)
21-24	4	Repeat 33-40 on L
		R & L: Grapevine 6-count (1/2 time), Rock side, Together (full time)
25-30	6	R side, L behind R, R side, L in front, R side, L behind (1/2 time)
31-32	2	Rock weight right onto R, rock back to the left onto L, R together, hold (full time)
33-40	8	Repeat 49-64 on L
		R & L: Rock B/F, 3 Marches, Hold
41-42	2	R Rock weight back onto R, rock fwd onto L (1/2 time)
43-44	2	3 Marches R-L-R, hold (full time)
45-48	4	Repeat 33-40 on R
		START AGAIN
NOTES: Start counting intro after music restarts.		
MODIFICATIONS:		
<ol style="list-style-type: none"> 1. Roll through foot – toe to heel, rather than flat foot – when stepping (putting foot down), especially on marches, to build foot strength. Steps should become very quiet 2. Roll through foot – heel to toe – when lifting foot. Toes should end up pointed when lifted and the knee will often lift higher for a nicer look and a better workout. 		

Kaleidoscope Dance