

Sisqomix

Count: 32

Wand: 1

Ebene: Improver line/contra dance

Choreograf/in: Jeanine Schroyen

Musik: Thong Song (Radio Edit) - Sisqó



The choreographer was 8 years old when this dance was written

ARM MOVEMENTS

- 1-2 Move right hand with two fingers stretched from left to right in front of your face
- 3-4 Move left hand with two fingers stretched from right to left in front of your face
- 5-8 Lower your arms from vertical to the outside and down with open hands

RUNNING MAN STEPS

- &9 Jump with both feet forward (slightly apart), jump feet diagonally apart (right foot forward)
- &10 Jump feet together hitching left knee, jump feet diagonally apart (left foot forward)
- &11 Jump feet together hitching right knee, jump feet diagonally apart (right foot forward)
- &12 Jump feet together, jump feet diagonally apart (right foot forward)
- &13 Repeat steps &10
- &14 Repeat steps &11
- &15 Repeat steps &10
- &16 Jump feet together, jump feet diagonally apart (left foot forward)
- & Jump feet together

STEP, PIVOT, SHUFFLES, TOUCH, CROSS, PIVOT, SHUFFLE, CLOSE

- 17-18 Step right foot forward, pivot ½ turn left
- 19&20 Right shuffle forward (right foot, left foot, right foot)
- 21&22 Left shuffle forward (left foot, right foot, left foot)
- 23-24 Step right foot next to left foot, hold
- 25-26 Cross right foot in front of left foot, pivot ½ turn left
- 27&28 Right shuffle forward (right foot, left foot, right foot)
- 29&30 Left shuffle forward (left foot, right foot, left foot)
- 31-32 Step right foot next to left foot, hold

REPEAT
