

Spongebob Style

Count: 32

Wall: 4

Level: Improver

Choreographer: Kaleb Shrimpton (UK) - September 2024

Music: Squeeze Me - N.E.R.D



SEC 1 TOE STRUT, TOE STRUT, ROCK, STEP, HITCH

- 1-2 Toe strut right to right side, place weight down on right foot
- 3-4 Cross strut left over right, place weight down on left foot
- 5-6 Rock right foot out to the side, recover weight onto left
- 7-8 Step right foot back and drag the left on the same count, hitch left leg into the air

SEC 2 DOROTHY, STEP BACK ¼, SLIDE, HITCH KICK HITCH

- 1-2 Dorothy step on the left foot
- 3-4 Cross right over left, step left back, turning a ¼ over the right shoulder
- 5&6 Step the right out to the right side, drag the left foot, hitch the left
- 7-8 Kick the left foot, hitch the left foot

SEC 3 ROCK, TOE STRUT ¼, TOE STRUT ½ & ROCK RECOVER

- 1-2 Rock the left foot forward, recover weight onto the right
- 3-4 Point the left a ¼ over the left shoulder (3:00), place weight down on left foot
- 5-6 Point right a ½ over the left shoulder (9:00), place weight down on the right foot
- &7-8 Step left next to right, rock right foot out, recover weight onto the left foot

SEC 4 SAILOR ¼ TURN, STEP LOCK STEP, STEP LOCK STEP, STEP SCUFF

- 1&2 Sailor step ¼ turn over the right shoulder (12:00)
- 3&4 Step the left foot to the left diagonal, lock the right behind, step the left in front
- 5&6 Step the right to the right diagonal, lock the left behind, step the right in front
- 7-8 Step left a ¼ over the right shoulder (3:00) scuff the right foot

During the dance, on the hold counts the song will say: "Yeah!" Feel free to throw your arms in the air as if you're cheering because it fits the music very nicely.
It'd a bit cheesy I know.
