

# Zig Zag

Compte: 40

Mur: 4

Niveau: Improver east coast swing



Chorégraphe: Nancy Morgan (USA)

Musique: Zig Zag Stop - Toby Keith

## TOE, STEP, TOE, STEP, SHUFFLE FORWARD, ROCK STEP

- 1-2 Touch right toes forward, step on right foot (in place)
- 3-4 Touch left toes forward, step on left foot (in place)
- 5&6 Shuffle forward - right, left, right
- 7-8 Rock/step forward on left and back on right

## TOE, HEEL DROP, TOE, HEEL DROP, COASTER STEP, KICK-BALL-CHANGE

- 1-2 Touch left toes back, drop heel to floor
- 3-4 Touch right toes back, drop heel to floor
- 5&6 (Coaster step) step back on left, back on right, step forward on left
- 7&8 (Kick-ball-change) kick right foot slightly forward, step right next to left as you lift left off of floor, set left foot on floor next to right (weight is on left)

## STEP, HITCH, STEP, HITCH, PRESS, HITCH, STEP, ¼ TURN LEFT

- 1-2 Step forward on right, bring left knee up as you hop on right foot
- 3-4 Step forward on left, bring right knee up as you hop on left foot
- 5-6 Press right toes to floor (leaning slightly forward), bring right knee up as you bend at waist toward knee)
- 7-8 Step slightly forward on right, turn ¼ turn to left (weight is on left)

## JAZZ BOX SQUARE, JAZZ BOX SQUARE

- 1-2-3-4 Cross right over left, step back on left, step right to right side, step forward on left
- 5-6-7-8 Cross right over left, step back on left, step right to right side, step forward on left

## TOUCH OUT, STEP FORWARD, TOUCH OUT, STEP FORWARD, MONTEREY TURN

- 1-2 Touch right toes out to right side, step forward on right
- 3-4 Touch left toes out to left side, step forward on left
- 5-6-7-8 (Monterey turn) touch right toes out to right side, push off of your right turning to your right ½ turn landing on your right foot next to your left, touch left toes out to left side, step left next to right

REPEAT

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