

The Triple "W" (aka Wicked Woman's Wiggle)

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Easy Intermediate
编舞者: Gloria Johnson (USA) - April 2015
音乐: Gotta Get Me One of Them - Soul Circus Cowboys



Begin on the lyrics.

S1: RIGHT SIDE-SHUFFLE, ROCK-STEP, LEFT SIDE SHUFFLE, ROCK-STEP

1&2 Step RIGHT to right side; Step LEFT together; Step RIGHT to right side;
3,4 Rock LEFT back; Recover forward onto RIGHT;
5&6 Step LEFT to left side; Step RIGHT together; Step LEFT to left side;
7,8 Rock RIGHT back; Recover forward onto LEFT.

S2: BUMPS AND GRINDS

1,2 Leaning right, bump hips right twice;
3,4 Leaning left, bump hips left twice;
5-8 Move hips in circular motion WITH LOTS OF ATTITUDE!

S3: SHUFFLE, SHUFFLE, 1/2 TURN SHUFFLE BACK, SHUFFLE BACK

1&2 Step RIGHT forward; Step LEFT together; Step RIGHT forward;
3&4 Step LEFT forward; Step RIGHT together; Step LEFT forward;
5&6 Turning 1/2 left, step RIGHT back; Step LEFT together; Step RIGHT back;
7&8 Step LEFT back; Step RIGHT together; Step LEFT back.

NOTE: Take small steps to avoid traveling a longer distance.

If the dance floor is large enough, take bigger steps to cover more of the floor.

S4: BUMPS AND GRINDS

1,2 Leaning right, bump hips right twice;
3,4 Leaning left, bump hips left twice;
5-8 Move hips in circular motion WITH LOTS OF ATTITUDE!

S5: RIGHT SIDE-SHUFFLE, ROCK-STEP, LEFT SIDE SHUFFLE, 1/4 TURN ROCK-STEP

1&2 Step RIGHT to right side; Step LEFT together; Step RIGHT to right side;
3,4 Rock LEFT back; Recover forward onto RIGHT;
5&6 Step LEFT to left side; Step RIGHT together; Step LEFT to left side;
7,8 Turning 1/4 right, rock RIGHT back; Recover forward onto LEFT.

S6: BUMPS AND GRINDS

1,2 Leaning right, bump hips right twice;
3,4 Leaning left, bump hips left twice;
5-8 Move hips in circular motion WITH LOTS OF ATTITUDE!

BEGIN DANCE AGAIN

Choreographer Contact Information:

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