

# Juicy Wiggle

COPPER KNOB  
STEPSHEETS

拍数: 64      墙数: 2  
编舞者: Jen Michele (USA) - July 2022  
音乐: Juicy Wiggle - Redfoo



**\*\*Dedicated to my boys. We have grooved to this music since they were in diapers! Love you J & B\*\***

**SEQUENCE: A – A – 8 count tag – B – B - A – A – A – B – B – A – A – A – B – B**

**\*\*Tag: 1-4 walk forward right, left, right, kick left.  
5-8 walk back, left, right, left, flick right back**

## Phrase A:

### V-Step with heels, walk x3, kick or hitch

- 1-4            step forward on the right diagonal on heel, step forward on the left diagonal on heel, step right back to center, step left back to center (12:00)  
5-8            walk forward Right, Left, Right, kick left foot forward OR hitch left knee (12:00)

### Walk back x3, flick, step touches x2

- 1-4            walk backwards Left, Right, Left, flick right foot back (12:00)  
5-8            step right to the right side, touch left. Step left to the left side, touch right (12:00)

### Hip bumps right. Hip bumps left (optional: wiggle shoulders with hip bumps here)

- 1&2&3&4       bump hips right and right and right and right (12:00)  
5&6&7&8       bump hips left and left and left and left (12:00)

### Step touches with ¼ turns (make ½ turn) (you can add shoulder wiggles here if you want!)

- 1-4            step right foot to the right side, touch left. Step back on the left as you turn ¼ right, touch right (3:00)  
5-8            step right foot to the right side, touch left. Step back on the left as you turn ¼ right, touch right (6:00)

## Phrase B:

### Step side right, hold. Hips/Hands R, L, R, L, R, L

- 1-8            Step or lightly stomp the right foot the side, hold for count 2. Slightly bend knees, and using hands and hips sway right, left, right, left, right, left (3,4,5,6,7,8) (12:00)

### Cross point x2 going forward. Cross point x2 going back.

- 1-4            moving forward cross right over left, point left to the left side. Cross left over right, point right to the right side. (12:00)  
5-8            moving backward step right foot back, point left to the left side, step left back, point right to the right side (12:00)

### Full circle around: hip circles x4 (with or without hands in air)/ or you can sprinkler around / or you can paddle around using right foot (get creative and funky here!)

- 1-8            HIP CIRCLES: counter clockwise roll your hips around as you make ¼ turns (4 times) to go all the way around and make a FULL turn going left (use 2 counts for each hip roll ¼ turn) (12:00)

### Up/Down shimmy using hips (and hands if you want)(and head too!)

- 1-4            swing hips as you bend knees going down right, left, right, left (12:00)  
5-8            swing hips going back up, right, left, right, left (12:00)

**At end of dance/music, "Haha Yeah Baby..." do your own freestyle wiggle!**

Enjoy!

Please contact Jen Michele with any questions! [danceitoutlinedancing@yahoo.com](mailto:danceitoutlinedancing@yahoo.com)

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