

The Latin Wiggle

拍数: 64 墙数: 1 级数:
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音乐: Anyway the Wind Blows - Brother Phelps



WALK FORWARD WITH WIGGLE OF HIPS SLIGHT DIP ON FIRST STEP

1-4 Walk forward on: left, right, left, hold
5-8 Walk forward on: right, left, right, hold

SIDE, TOGETHER, SIDE, HOLD (SWAY HIPS)

9-12 Step left to left, slide right to left, step left to left
13-16 Small step right to right, slide left to right, step right to right

WALK BACK WITH WIGGLE OF HIPS, SLIGHT DIP ON FIRST STEP

17-20 Step back: left, right, left, hold
21-24 Step back: right, left, right, hold

SIDE, TOGETHER, SIDE, HOLD (SWAY HIPS)

25-28 Step left to left, slide right to left, step left to left
29-32 Small step right to right, slide left to right, step right to right

TOUCH TO SIDE, TOUCH IN PLACE, TOUCH TO SIDE

33-36 Touch left toe: out to left, back in place, out to left, hold

STEP LEFT, RIGHT, LEFT, HOLD (SWAY HIPS).

37-40 In position: step with left, right, left, hold

TOUCH TO SIDE, TOUCH IN PLACE, TOUCH TO SIDE

41-44 Touch right toe: out to right, back in place, out to right, hold

STEP RIGHT, LEFT, RIGHT, HOLD (SWAY HIPS)

45-48 In position: step with right, left, right, hold

FULL TURNS ON THREE STEPS IN POSITION

49-52 To the left: step with left, right, left, hold
53-56 To the right: step with right, left, right, hold

TOUCH TO SIDE, TOUCH IN PLACE, TOUCH TO SIDE, HOLD

57-60 Touch left toe: out to left, back in place, out to left, hold

BEND KNEES AND SWING KNEES TO SIDES

61-64 Swing knees to left, to right, to left, then weight on right

REPEAT

If dancers can't manage the full turns on 49-52 and 53-56, they just do ½ turns.