

Only A Wiggle

拍数: 64 墙数: 4 级数:
编舞者: Steve Hart (USA)
音乐: Only A Whisper - Mindy McCready



ROCK STEP, WIGGLE, ROCK STEP, WIGGLE

1-2 Step right foot forward - hips right, rock back on left foot - hips left
3&4 Bump hips right, left, right
5-6 Step left foot forward - hips left, rock back on right foot - hips right
7&8 Bump hips left, right, left

VINES WITH CROSSOVER TRIPLES

1-2 Step right foot to right side, cross left foot behind right
3&4 Step right foot to right side, rock onto left foot, cross right foot in front of left
5-6 Step left foot to left side, cross right foot behind left
7&8 Step left foot to left side, rock onto right foot, cross left foot in front of right

POINT, CROSSES

1-2 Touch right toe to right side, cross right foot in front of left
3-4 Touch left toe to left side, cross left foot in front of right
5-6 Touch right toe to right side, cross right foot in front of left
7-8 Touch left toe to left side, step left foot together

ROCK STEP, TURNING TRIPLE, STEP PIVOT, OUT, OUT, IN, CROSS

1-2 Step right foot forward, rock back on left foot
3&4 Right triple step making half turn right
5-6 Step left foot forward, pivot half turn right
&7 Step left foot slightly to left, step right foot slightly to right
&8 Step left foot slightly to right, cross right foot in front of left

STEP, SLIDE TOGETHER, ROCK STEP, COASTER STEP

1-4 Step left foot to left side (big step), slide right foot together (3 counts)
5-6 Step right foot forward, rock back on left foot
7&8 Step right foot back, step left foot together, step right foot forward

STEP, QUARTER, WIGGLE WALK, STEP, HALF, WIGGLE WALK

1-2 Step left foot forward, pivot quarter turn right
3&4 Step left foot forward - hips left, bump hips right, bump hips left
5-6 Step right foot forward, pivot half turn left
7&8 Step right foot forward - hips right, bump hips left, bump hips right

ROCK STEP, HALF TURN, STEP, PIVOT, SIDE, CROSSOVER SHUFFLE

1-2 Step left foot forward, rock back on right foot
3-4 Pivot half turn left - step left foot forward, step right foot forward
5-6 Pivot half turn left, step right foot to right side
7&8 Step left foot to left, cross right foot in front of left, step left foot to left

CROSS ROCK BEHIND, SIDE SHUFFLE, HIP WIGGLES

1-2 Step right foot behind left, rock onto left foot
3&4 Right shuffle to right side

5-8

Bump hips left, right, left, right, left, right, left gradually shifting weight to left foot (knees bent a bit)

REPEAT
