

Thong Dance (That Dern Wedgie)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Cody Stevens (USA) & Michael Lorah (USA)
音乐: Thong Song - Sisqó



MAMBO STEPS

- 1 Rock forward on the right foot
- & Rock weight to the left foot
- 2 Step right next to the left
- 3 Rock back on the left foot
- & Rock weight to the right foot
- 4 Step left next to right
- 5 Rock to the right on the right foot
- & Rock weight to the left
- 6 Step right next to the left
- 7 Rock to the left with the left
- & Rock weight to the right
- 8 Step left next to the right

FOUR STEPS AND SHAKE IT

- 9 Step right to the right side
- 10 Step left to the left side
- 11 Step right back and to the center
- 12 Step left back and to the center
- & Step right foot forward and to the right side
- 13 Step left foot forward and to the left side
- 14 Hold for one beat
- 15-16 Roll from right to left ending weight on the left foot

TWO QUARTER TURNS QUICK VINE AND KNEE ROLLS

- 17 Step forward on the right foot
- 18 Pivot a quarter turn to the left while rolling hip
- 19-20 Repeat steps 17 and 18
- 21 Step right foot behind the left
- & Step the left foot to the left side
- 22 Touch the right toe to the right side
- 23 Roll the right knee to the right
- 24 While rolling the right knee again pivot a quarter turn to the right weight left

KICK THEN ROCK THEN LAST CHA-CHA

- 25 Kick then right foot forward
- 26 Kick the right foot to the right side
- 27 Step the right foot back and behind the left
- & Step the left foot to the left side
- 28 Step the right foot forward
- 29 Rock forward on the left foot
- 30 Rock weight back to the right foot
- 31 Step the left foot forward
- & Step the right foot next to the left
- 32 Step the left foot forward

REPEAT

Remember the point of the dance is you have a Really BIG wedgie and your trying to get it out. So really put your hips into it.
