

Wiggle It

拍数: 0 墙数: 4 级数: Intermediate
编舞者: Jamie Marshall (USA)
音乐: Wiggle It (Radio Mix) - 2 In a Room



Sequence: AAAB, AAB, AAB, AAAB, AA

PART A

For the main vocals and instrumental sections

¼ STEP, HITCH ¼, TRIPLE LEFT, ½, TRIPLE RIGHT, ¼ COASTER

- 1-2 Turn ¼ right (3:00) stepping forward right, hitch left knee and turn ¼ right (6:00)
3&4 Step side left, step together right, turn ¼ left (3:00) stepping forward left
5&6 Turn ¼ left (12:00) stepping side right, step together left, step side right
7&8 Turn ¼ left (9:00) stepping back left, step together right, step forward left

FULL TURN (OR WALK, WALK), TRIPLE FORWARD, KICK, KNEE POP, KICK, KNEE POP

- 1-2 Turn ½ left (3:00) stepping back right, turn ½ left (9:00) stepping forward left

Easy option: step forward right, step forward left

- 3&4 Step forward right, step together left, step forward right
5&6& Small kick forward left, step together left, "pop" knees by bending them slightly out and apart, straighten knees with weight on left
7&8& Small kick forward right, step together right, "pop" knees by bending them slightly out and apart, straighten knees with weight on left (9:00)

¼ SAILOR, ¼ SAILOR, PRESS, KICK, WEAVE ¼

- 1&2 Step right behind left, turn ¼ left (6:00) stepping forward left, step side right
3&4 Step left behind right, turn ¼ left (3:00) stepping side right, step forward left
5-6 "Press" taking partial weight (lunge) on ball of right towards right forward diagonal (towards 4:00), recover weight back on left and small kick right towards right forward diagonal (towards 4:00)
7&8 Step right behind left, turn ¼ left (12:00) stepping forward left, step forward right

ROCK/RECOVER, BACK-LOCK, UNWIND, SIDE, TOUCH, SIDE, TOUCH

- 1-2 Rock forward left, recover weight back on right
&3-4 Step slightly back left, touch ball of right across left foot, "unwind" by keeping feet in place and turning ¾ left (3:00) on ball of left keeping weight on left
5-6 Step side right, touch together left
7-8 Step side left, touch together right

PART B

For the chorus, "Wiggle it just a little bit"

(X4) AND FORWARD-BUMPS, AND BACK-BUMPS, JAZZ BOX/SNAPS

- &1&2 Feet: step forward right, step together left bumping hips right, bump hips left, bump hips right
Arms: &1) bring both arms up in front of you in "C" motion from waist height to top of head from left to right, keep hands at top of head height and move hands to left then right
&3&4 Feet: step back right, step together right bumping hips right, bump hips left, bump hips right
Arms: &1) bring both arms down in front of you in "C" motion from top of head to waist height from left to right, keep hands at top of waist height and move hands to left then right
5-6-7-8 Step right across left, step back left turning ¼ right, step side right, step together (or slightly forward) left
Arms: keep right hand at waist level and snap forward on the whole counts with your steps, bringing your hand in toward you on the &'s in between - i.e. Snap & snap & snap & snap

