

# Jiggy Mama

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Caroline Pashley (JER)  
音乐: Loaded - Ricky Martin



## BOOGIE WALKS X 3, HOLD, HEEL SWIVELS ¼ TURN LEFT, HOLD

- 1-2            Step right forward swiveling right on balls of feet, step left forward swiveling left on balls of feet  
3-4            Step right forward swiveling right on balls of feet, hold  
5-6            Swivel heels right, left  
7-8            Swivel heels right making ¼ turn left, hold

## ROCK FORWARD, RECOVER, ½ TURN STEP FORWARD, FLICK, ½ TURN STEP BACK, KICK, ½ TURN STEP FORWARD FLICK

- 9-10           Rock right forward, recover weight to left  
11-12          On ball of left ½ turn right, stepping forward right, flick left foot back (click fingers just above shoulder level)  
13-14          On ball of right ½ turn right, stepping back left, kick right foot forward (click fingers swinging arms across chest)  
15-16          On ball of left ½ turn right, stepping forward right, flick left foot back (click fingers swinging arms out to side just below shoulder level)

## ROCK FORWARD, RECOVER, STEP FORWARD, FLICK, ROCK FORWARD, RECOVER, STEP FORWARD, HOOK

- 17-18          Facing right diagonal rock left forward, recover weight to right  
19-20          Step left forward, flick right foot back pivoting on ball of left to face left diagonal  
21-22          Rock right forward, recover weight to left  
23-24          Step right forward, hook left foot behind right leg

## STEP BACK, RONDE, STEP BACK, RONDE, COASTER STEP, HOLD

- 25-26          Step left back facing center, sweep right from front to back  
27-28          Step right back, sweep left from front to back  
29-30          Step left back, step back right  
31-32          Step left forward, hold

## STEP SIDE, TOGETHER, STEP SIDE, TOUCH, TOUCH SIDE, HIP ROLLS TWICE, LUNGE

- 33-34          Step right to right side, step left together  
35-36          Step right to right side, touch left next to right foot  
37-38          Touch left to left side circling hips left  
39-40          Circle hips left finishing with weight on left foot in lunge position

## JAZZ BOX ¼ TURN KICK, STEP KICK TWICE

- 41-42          Step right across left, step back left  
43-44          Make ¼ turn right stepping forward right, kick left foot forward  
45-46          Step left in place, kick right foot forward  
47-48          Step right in place, kick left foot forward

**Make steps 45-48 light & bouncy**

## CROSS, STEP BACK ¾ PIVOT TURN, STEP FORWARD, HOLD, HIPS X 3, HOLD

- 49-50          Step left across right, step back right making ¾ turn left on ball of right foot  
51-52          Step left forward, hold  
53-54          Step right to right side bumping hips right, left

55-56 Bump hip right, hold

**STEP BACK, ½ TURN STEP FORWARD, STEP FORWARD, HOLD, JUMP FORWARD, SHIMMY/SHAKE DOWN & UP, HOLD**

57-58 Step left back, on ball of left ½ turn right, stepping right forward

59-60 Step left forward, hold

&61-62 Jump right forward left together shimmy/shake shoulders to hips bending knees down

63-64 Shake/shimmy hips to shoulders coming up, hold

**REPEAT**

**RESTART**

**On wall 9, dance steps 1-46**

47-48 Step right to right side, hold

**Restart dance from the beginning**

**FINISH**

**On final wall after step 64. Step right to the right side throwing arms above your head. You will be facing 12:00 wall.**

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