

Juicy Wiggle

COPPERKNOB
BYEPOSTETS

拍數: 64 牆數: 2
編舞者: Adam Åstmar (SWE) - July 2015
音樂: Juicy Wiggle - Redfoo



Sequence: A – A – TAG – B – B – A – A – A(TAG NOTE!) – TAG 2 – B – B – A – A – A(TAG NOTE!) – TAG 2 – B – B

Intro: 16 Count

- PART A – 32 counts

Sect – 1: SIDE, SIDE, SWIVEL WITH SNAP, WALK X2, STEP, TOUCH BEHIND, STEP BACK, HEEL, HITCH

1 – 2 Step R to the right, step L to the left
3 – 4 Swivel heels to the left with both feet and snap your fingers, swivel back in place
5 – 6 Walk forward R, L
& 7 & 8 & Step R forward and lean your body slightly forward, touch L toe behind R, step L back, touch R heel forward, hitch R knee forward

Sect – 2: MAMBO STEP, TOE 1 / 2 UNWIND, TOGETHER, SIDE, TOGETHER, SIDE WITH SNAP, SWIVEL WITH SNAP

1 & 2 Rock R forward, recover to L, step R back
3 – 4 Put L toe behind R, unwind 1 / 2 to the left
& 5 – 6 Step R next to L, step L to the left, step R next to L
7 & 8 Step L to the left with your foot slightly diagonal and snap your fingers with the left hand, swivel L heel to the left, swivel L back in place and snap your fingers with the left hand

Sect – 3: STEP, DRAG, COASTER CROSS, 1 / 4 TURN, CHASSE, POINT, TOUCH

1 – 2 Step L back, drag R next to L
3 & 4 Step R back, step L next to R, cross R over L
5 – 6 & 7 Turn 1 / 4 to the right stepping L back, Step R to the right, step L next to R, step R to the right
8 & Point L toe to the left, touch L next to R

Sect – 4: WALK, BRUSH, WALK, CLAP, STEP, 1 / 4 FLICK & HANDS IN THE AIR, RUN 1 / 2 TURN, 1 / 2 TURN STEP, HITCH, STEP

1 & 2 & Walk L forward, brush your hands down, walk R forward, clap your hands
3 – 4 Step L forward, flick R back while turning 1 / 4 to the left
5 & 6 & Run 1 / 2 turn to the left stepping R, L, R, L
7 & 8 Turn 1 / 2 to the left stepping R back, hitch L knee forward, step L forward

- TAG NOTE! Do not include 7 & 8, instead do 'TAG 2!' -

- PART B – (Will always face the front wall) – 32 counts

- NOTE! Part B-s choreography originally comes from the music video! -

- While you do Part B, make sure to keep your knees bent and move your hips and head side to side while dancing, counting with the section counts. -

- Example Count & 1..etc: Bump your hips and lean your head to the right, bump your hips and lean your head to the left -

Sect – 1: SWIM FORWARD X2, DIP DOWN & SWING ARMS, SWIVEL & PUNCHES TO THE SIDE

& 1 & 2 Push your hands forward and sweep them out to the sides in a circular movement
& 3 & 4 Bring your hands back to your chest and repeat above
& 5 & 6 Dip down your body (&) bringing right arm behind you and left arm in a 90 angle in front (5), bring your body back up (&) and put your right hand on your chest (6)

7 & 8 Swivel heels to the left punching left arm to the same direction, swivel toes to the left bringing back left arm making the elbow points to the side, swivel heels to the left punching left arm to the same direction

Sect – 2: SWIVEL & SWIPE ARMS, ROLL ARMS FORWARD, ROW THE BOAT, PUSH FORWARD AND TO SIDES

1 & 2 Swivel heels to the right swiping arms forward in a circular movement, swivel toes to the right pushing arms out to the sides, swivel heels to the right swiping arms forward in a circular movement

& 3 & 4 Roll your arms around each other twice as you'd try to crank something starting with right arm further out from your chest and ending with left arm further out instead

& 5 & 6 Dip down a little forming your hands as you hold a paddle and row on the right side

& 7 & 8 Now paddle on your left (& 7), bring your body back up and push your hands forward and to the sides in a circular movement

Sect – 3: HITCH PADDLE TURN CIRCLE SWIMS, HITCH, LOOK FORWARD, SWIVEL PUNCHES TO THE SIDE, SWIVEL AND WHEELCHAIR ARMS

& 1 & 2 Hitch R knee and turn 1 / 4 to the right pushing left arm forward and holding right hand on your right hip, hitch R knee and turn 1 / 4 to the right pushing right arm forward and holding left hand on your left hip

& 3 & 4 Hitch R knee and turn 1 / 4 to the right pushing left arm forward and holding right hand on your right hip, hitch R knee and stomp R to the right while turning your head and looking forward

& 5 & 6 Bring back left hand to your chest, swivel heels to the left punching left arm to the same direction, swivel toes to the left bringing back left arm making the elbow points to the side, swivel heels to the left punching left arm to the same direction

7 & 8 Swivel heels to the right pushing your arms forward and down in a circular movement, swivel toes to the right bringing your arms back up, swivel heels to the right pushing your arms forward and down in a circular movement

Sect – 4: JUMP 1 / 4 FORWARD, ARMS ROLLING, SKY PUNCH X2, TWIST AND PUPPY HANDS, SKY PUNCH, CROSS

1 Jump 1 / 4 turn to the right

& 2 & 3 & 4 Push hands slightly diagonal down to the right (2), roll your hands to the left raising them to chest height (&), push hands to the right (3), roll your hands to the left raising them to head height (&), push hands diagonal up to the right (4)

5 & 6 & Hitch R knee slightly to the right and punch both hands up, step down on R and bring your hands down, hitch L knee slightly to the left and punch both hands up, step down on L and bring your hands down

7 & 8 & Twist L hip forward and hold your hands as a puppy and twist them to the left, twist R hip forward and twist your hands to the right, hitch L knee slightly to the right and punch both hands up, cross L over R

After finishing Sect – 4 you always step R slightly to the side next to L to start over. Simply restart part A when it comes in sequence.

- TAG 1 -

ROCK SIDE, RECOVER, TOGETHER, ROCK SIDE, RECOVER, TOGETHER, HIP BUMPS, SMALL STEPS, TOGETHER

1 – 2 & Rock R to the right, recover to L, step R next to L

3 – 4 & Rock L to the left, recover to R, step L next to R

5 & 6 & Bump hips R, L, R, L

7 & 8 Walk small steps forward stepping R, L, step R next to L

- TAG 2 -

DIAGONAL STEP, SIDE STEP, TOGETHER

1 & 2 Step R forward diagonally to the right, step L to the left, step R next to L

This dance was not easy to write (Part B was not very easy to learn either since the choreography for it is from the songs music video)! Enjoy it and happy dancing!

Have fun!
