

Wiggle Wop

COPPER KNOB
BY STEPHENETS

拍數: 98

牆數: 0

級數: Phrased High Intermediate Circle Mixer Dance



編舞者: Kayla Cosgrove (USA) - September 2016

音樂: Wiggle Wop (feat. Keno) - Party Favor

Intro: 32 COUNTS

OPTIONAL INTRO STEPS: Wait 16 counts, then dance section D into the beginning of the dance

Set up: 2 Circles. One inside group, one outside group.

One partner facing the outside, one partner facing the inside.

Should be about 4ft away from your partner, and 2ft or so between the person next to you

Sequence: A,B,C,A Tag,C,D,A,B,C,A Tag,C

A1: DESTROZA ¼ LEFT, DESTROZA ¼ RIGHT

1&2&3&4 Stomp R to R as you swing hips to R(1) Make a 1/16th turn L as you recover to L and swing hips to L(&) Stomp R to R as you swing hips to R making 1/16th turn L(2) Make a 1/16th turn L as you recover to L and swing hips to L(&) Stomp R to R as you swing hips to R making 1/16th turn L(3) Make a 1/16th turn L as you recover to L and swing hips to L(&) Stomp R to R as you swing hips to R(4)

STYLING: As you swing hips to R and L imagine you're holding a towel behind you and swing your fists to the right and left in sync with your hips

5&6&7&8 Stomp L to L as you swing hips to L(5) Make a 1/16th turn R as you recover to R and swing hips to L(&) Stomp L to L as you swing hips to L making 1/16th turn R(6) Make a 1/16th turn R as you recover to R and swing hips to L(&) Stomp L to L as you swing hips to L making 1/16th turn R(7) Recover to R as you swing hips to R(&) Stomp L to R(8)

STYLING: As you swing hips to L and R imagine you're holding a towel behind you and swing your fists to the left and right in sync with your hips

A2: STOMPS OUT TO RIGHT, HITCH AND STOMP OUT TO LEFT

1,2,3,&4 Stomp R to R side(1) Stomp R further to R bending knees slightly(2) Stomp R further to R being knees slightly more(3) Bring R in as you hitch R(&) Step down on R(4)

5,6,7,&8 Stomp L to L side(5) Stomp L further to L bending knees slightly(6) Stomp L further to L being knees slightly more(7) Bring L in as you hitch L(&) Step down on L(8)

TAG HERE: "Hang time"

When going into section C after A, you will REMOVE the & count and add a 3/8th turn L hitching the L knee up for count 8, so you can begin to weave between partners. Think "hang time" Don't forget to swing your R arm up and you go into the weave!

B1: RUN RUN HITCH, BACK BACK HITCH, X2

1&2 Run fwd stepping R(1) L(&) R and hitch L knee slight up(2) keeping your center of gravity low and add your own person style/funk!

3&4 Run back stepping L(3) R(&) L, hitching R knee slightly up(4)

Optional styling: is to lean slightly back when lifting R up

5&6 Repeat counts 1&2 of B1

7&8 Repeat counts 3&4 of B1

B2: RUN RUN HITCH, BACK BACK HITCH, STEP ½ ROCK RECOVER

1&2 Run fwd stepping R(1) L(&) R and hitch L knee slight up(2) keeping your center of gravity low and add your own person style/funk! (Same as B1, 1&2)

3&4 Run back stepping L(3) R(&) L, hitching R knee slightly up(4) (Same as B1 3&4)

5,6,7,8 Step R fwd(5) ½ L over L(6) Rock R fwd(7) Recover back L(8)

B3: STEP TOGETHER STEP TAP X2, STEP TAP X4

1&2&& Bending knees to "stay low" step R to R as you pop knees out(1) Step L together as you being knees in(&) step R to R as you pop knees out(2) Touch L together(&)

3&4& Keeping knees bent, step L to L popping knees out(3) Step R together(&) □ step L to L popping knees out(4) Touch R together(&)

Arm styling: As you move to right, push both arms w/your hands in a fist, out to left at chest height. As you move left, push both arms w/your hands in a fist to the right.

5&6& Keeping knees bent, step R to R(5) Step L together(&) Step L to L(6) Step R together(&)

Arm styling: Same as above.

7&8 Keeping knees bent, step R to R(7) Step L together(&) Step L to L side(8)

B4: KICK CROSS CROCK STEP X3 CHASE TURN

1&2& Kick R low and across L(1) Step R down across L(&) Rock L to L side(2) Recover to R(&)

3&4& Kick L low and across R(3) Step L down across R(&) Rock R to R side(4) Recover to L(&)

5&6& Kick R low and across L(5) Step R down across L(&) Rock L to L side(6) Recover to R(&)
(same as 1&2&)

7&8 Step L fwd(7) Pivot ½ R(&) Step L fwd(8)

B5: WIGGLE WALKS FORWARD X4, HANDS TO HEAD, HANDS FORWARD AND TOGETHER

1,2,3,4 Feet slightly wider than should width apart, walk fwd stepping R(1) L(2) R(3) L(4) as you wiggle your hips!

Arms: Starting palm to thigh, starting down at your sides, as you walk fwd slide them up! By count 4 the should be at shoulder height

5,6 Step R down and place R hand to back to head(5) Step L down and place L hand □to back of head(6)

7,8 Step R down and place R hand fwd with a bent elbow, thumb up, fingers□together & extended(7) Step L down and place L hand fwd with a bent elbow, □thumb up, fingers together and extended placing palms together(8)

(Keeping the hips going if you can!)

NOTE: You will be lining up with your partner here so adjust accordingly! Your hands placed together should be slightly RIGHT not center, so you can easily go into the next section.

B6: SLAP X3, CLAP UP, CLAP DOWN, GRAB, SLAP SNAP, SLAP SNAP, SINGLE HAND SLAP, TOSS

1&2 Slap the back side of your partners L hands moving hands to L(1) Slap again bringing hands to R(&) Slap back of hands TOGETHER leaving them together(2)

&3&4 Staying back of hand, to back of hand connected to your partner, Clap R to your□own L hand(&) Bring R hand up over L clapping partner R hand(3) Bring R down □to clap your L hand(&) Bring R hand down under L and clap partners R hand(4)

& Bring L hand down and grab partner L hand in a hands shake hold(&)

5&6& Slap R hand to your R thigh(5) Bend elbow and bring R hand up and snap R fingers(&)
REPEAT 5& for counts 6&

7&8 Keeping L hands held, Slap R palm to partners R palm passing across to L(7) Slap back of R hand with your partners R hand passing across to R(&) L hands still being held, bring L arms up and release your partner L hand as if you're tossing something into the air(8) Shift weight to R foot

B7: TOUCH BACK, ½ LEFT, TOUCH BACK HALF LEFT, 3/8 LEFT HITCH LEFT KNEE

1,2 Step L toes back(1) Turn ½ L, weight to R(2)

3,4& Step L toes back(3) Turn ½ L weight to R (4) On ball of R ft, make additional 5/8th L hitching L knee up and toss R arm up in the air(&) This will put you on an angle and set you up to start zig zagging backwards between partners!

C1: ZIG ZAG BETWEEN PARTNERS STEPPING BACK, TAP X2

(Bringing R arm down)

1,2,3,4 Walk backwards stepping L(1) R(2) L(3) Make a ¼ R on ball of L as you tap R(4)

Note: You will pass your current partner on your right side

5,6,7,8 Walk backwards stepping R(5) L(6) R(7) Make a ¼ L on ball of R as you tap L(8)

Note: You will pass your current partner on your left side.

C2: ZIG ZAG BETWEEN PARTNERS STEPPING BACK, TAP, 3 WALKS STRAIGHT BACK, TAP

1,2,3,4 Walk backwards stepping L(1) R(2) L(3) Make a ¼ R on ball of L as you tap R(4)

Note: You will pass your skipped partner on your right side.

5,6,7,8 Walk back R(5) L(6) R(7) L(8) Adjusting to line up with new partner

Note: You will pass your skipped partner on your left side, and your new partner will be in front of you

D:1 BOUNCES AND KNEE POPS RIGHT, LEFT RIGHT LEFT RIGHT

1&2& Step down on R popping L knee(1) bounce down on R(&) Step down on L popping R knee(2)
Bounce down on L(&)

3&4 Step/bounce down on R pop L knee(3) Step/bounce down on L pop R knee(&) Step/bounce
down on R pop L knee(4)

5&6& Step down on L popping R knee(5) bounce down on L(&) Step down on R popping L knee(6)
Bounce down on R(&)

7&8 Step/bounce down on L pop R knee(7) Step/bounce down on R pop L knee(&) Step/bounce
down on L pop R knee(8)

D2: BOUNCES AND KNEE POPS LEFT, RIGHT, LEFT RIGHT LEFT

Repeat D1 and add your style/funk attitude!

Styling option: Bend slightly fwd at the waist as you do the knee pops, drop head and shoulder to side you are bouncing on. This is playtime! Add a full turn w/knee pops, knee pop around your partner!

Last Update – 19th May 2017
