

Wheeler's Wiggle

拍數: 44 牆數: 2 級數: Beginner
編舞者: Ken Wheeler (USA)
音樂: Get Into Reggae Cowboy - The Bellamy Brothers



RIGHT AND LEFT FORWARD ANGLE STEPS WITH BODY WIGGLES AND CLAPS: TWICE

1&2 Wiggling your body step forward on right at a right diagonal
3& Keep wiggling your body
4 Touch left beside right and clap
5&6 Wiggling your body step forward on left at a left diagonal
7& Wiggling your body
8 Touch right beside left and clap
9-16 Repeat 1-8

RIGHT AND LEFT STEP-SLIDES WITH CLAP

17-18 Step right to right, slide/step left next to right
19-20 Step right to right, slide/touch left next to right and clap (weight on right)
21-22 Step left to left, slide right next to left
23-24 Step left to left, slide/touch right next to left and clap (weight on left)

RIGHT AND LEFT STEP-SLIDES WITH CLAP

25-26 Step right to right, slide/step left next to right
27-28 Step right to right, slide/touch left next to right and clap (weight on right)
29-30 Step left to left, slide right next to left
31-32 Step left to left, slide/touch right next to left and clap (weight on left)

RIGHT AND LEFT STEPS WITH CLAP

33-34 Step right to right, touch left next to right and clap
35-36 Step left to left side, touch right next to left and clap (weight on left)

IN-PLACE STEPS WITH HIP SWAYS AND HEEL SWINGS

In this sequence, face forward, feet stay on floor, knees slightly bent and sway hips.

37 Step right to right, while keeping left toe on floor swing left heel up (out)
38 Shift weight to left, while keeping right toe on floor swing right heel up (out)
39 Shift weight to right while keeping left toe on floor swing left heel up (out)
40 Shift weight to left while keeping right toe on floor swing right heel up (out) (weight on left)

LEFT MILITARY TURNS

41-42 Leaving left in place; step forward on right, pivot ¼-turn left shifting weight to left
43-44 Leaving left in place; step forward on right, pivot ¼-turn left shifting weight to left

REPEAT
