

Jiggy Jiggy

COPPERKNOB
BY STEPHEN BRETZ

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Ellen Smith
音樂: Tabloid Junkie - Michael Jackson



SKATE STEPS, STEP TOGETHER, 1 ¼ HINGE TURN LEFT

- 1-4 Skate forward right, left, right, left
5-6 Step right foot next to left, step left to left side making ¼ turn left
7-8 Step right foot to right side making ½ turn left, step left foot to left side making ½ turn left

Optional arm movements:

- 5 Push both arms forward at shoulder height, with palms facing forward
6 Take your left straightened arm in an arch over your head and out to left side
7 Swing right arm across in front of body to touch left hip
8 Click fingers of left hand down to left hip

KNEE POPS, SWIVEL TURNS, STEP, LOCK, UNWIND

- 9&10 Pop left knee in towards right knee, pop out to left side, back in towards right knee
11-12 Swivel heels to right making ¼ turn left, swivel heels to left making ½ turn right
&13-14 Step small step forward on left foot, lock right foot behind left, unwind a full turn right
15 Take a large step with left foot to left side making a ¼ turn right into a squat
16 Slide right up to left straightening legs

Optional arm movements:

ARM ROLL

- 9 Punch left fist out straight in front of you shoulder height, and place your right hand above your left elbow
& Roll left fist a full circle towards body
10 Punch left fist out straight in front of you
11 Leave arms as count 10
12 Bring right arm out on front to meet left
13 Punch both arms down to sides
15 Place hands on thighs

TRAVELING APPLEJACKS TO RIGHT, KNEE POP WITH POSES

- 17&18 Bring toes in together, heels in together
&19&20 Toes in together, heels in together, toes in together, feet to center (traveling to right side)
21 Pop right knee forward while bringing left hand up to left ear and right arm straight out to right side at shoulder height
22 Turn head to right moving left hand with it (as if pushing head to right)
23 Turn head to left moving left hand back to start position
24 Drop head down towards right bended knee still holding pose

Option while performing traveling applejacks:

Shoulder lifts look quite effective while performing the traveling apple jacks

- 17&18 Lift left shoulder, lift right shoulder dropping left shoulder, lift left dropping right
&19&20 Lift right dropping left, lift left dropping right, lift right dropping left, drop right shoulder

HAND SLIDE, ROCK SLIDE, UNWIND ¾ TURN LEFT

- 25 Pause (your chance to take a deep breath)
26-27 Slips hands on thighs, slide hands up thighs to hip level straightening body
&28 Push hips forward, slap hands on hips pushing hips back
29-30 Step forward on left foot pushing left hip forward, rock back onto right foot
31-32 Cross left foot behind right, unwind ¾ turn left

REPEAT
