

Jiggy Mama

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Caroline Pashley (JER)
音樂: 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.
