

The Barbro Wiggle

拍數: 90 牆數: 2 級數: Advanced
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音樂: All Shook Up - Elvis Presley



BODY SWAYS

- 1 Step right (sway body to the right)
- 2 Step left (sway body to the left)
- 3 Step right (sway body to the right)
- 4 Step left (sway body to the left)

¼ PIVOT TURNS

- 1 Put right toe forward (put your right hand out and shake it, like elvis)
- 2 Turn ¼ to the left
- 3 Put right toe forward (put your right hand out and shake it, like elvis)
- 4 Turn ¼ to the left

BODY SWAYS

- 1 Step right (sway body to the right)
- 2 Step left (sway body to the left)
- 3 Step right (sway body to the right)
- 4 Step left (sway body to the left)

¼ PIVOT TURNS

- 1 Step forward with right toe (put your right hand out and shake it, like elvis)
- 2 Turn ¼ to the left
- 3 Step forward with right toe (put your right hand out and shake it, like elvis)
- 4 Turn ¼ to the left

HEEL STEPS

- 1-2 Touch right heel forward and step back
- 3-4 Touch left heel forward and step back
- 5-6 Touch right heel forward and step back
- 7-8 Touch left heel forward and step back

THE PRESLEY WALK

- 1-2 Step right foot forward, toes pointed to the left (put left hand up and walk like elvis)
- 3-4 Step left foot forward, toes pointed to the right
- 5 Step right foot forward, toes pointed to the left
- 6 Step left foot forward, toes pointed to the right
- 7 Step right foot forward, toes pointed to the left
- 8 Step left foot forward, toes pointed to the right

SIDE SHUFFLES AND ROCK STEP

- 1&2 Right side shuffle (right-left-right)
- 3 Rock back on left
- 4 Rock forward on right
- 5&6 Left side shuffle (left-right-left)
- 7 Rock back on left
- 8 Rock forward on right

THE PRESLEY WALK

- 1-2 Step right foot forward, toes pointed to the left (put left hand up and walk like elvis)
- 3-4 Step left foot forward, toes pointed to the right
- 5 Step right foot forward, toes pointed to the left
- 6 Step left foot forward, toes pointed to the right
- 7 Step right foot forward, toes pointed to the left
- 8 Step left foot forward, toes pointed to the right

KICKS

- 1-2 Kick twice with right foot to the left & step right
- 3-4 Kick twice with left foot to the right & step left
- 5 Kick right foot to the left & step right
- 6 Kick left foot to the right & step left
- 7 Kick right foot to the left & step right
- 8 Kick left foot to the right
- 9 Step left foot down
- 10 Hold and clap hands

KNEE BUMPS

- 1 Lift both heels up to the right and bend your knees
- 2 Step down
- 3 Lift both heels up to the right and bend your knees
- 4 Step down
- 5 Lift heels and do circle movements to the right and bend your knees
- 6 Step down
- 7 Lift heels up and do circle movements to the right and bend your knees
- 8 Step down
- 9 Lift both heels up to the left and bend your knees
- 10 Step down
- 11 Lift both heels up to the left and bend your knees
- 12 Step down

SWIVEL TURN STEP AND HOLD AND KICK

- 1-2 Heels swivel to the left and heels swivel to the right with a $\frac{1}{4}$ turn to the left
- 3-4 Touch right foot forward and hold
- 5-6 Touch right foot back and hold
- 7-8 Kick twice with right foot

ROLLING TURN TRAVELING BACK

- 1 Step back on right foot and begin a full to the right turn traveling back
- 2 Step on left foot and continue the turn
- 3 Step on right foot and complete the turn
- 4 Kick left foot forward

HIP BUMPS AND A $\frac{1}{4}$ TURN

- 1-2 Step left foot slightly forward and bump left hip forward twice
- 3-4 Bump right hip back twice
- 5 Bump left hip forward
- 6 Bump right hip back
- 7 Bump left hip forward
- 8 Turn $\frac{1}{4}$ to the left

REPEAT

