

Jiggle It A Little

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Phrased Intermediate
編舞者: Lynne Martino (USA) - January 2013
音樂: Jiggle It a Little - Mustang Sally



Sequence: AABA AABA A(A16 cts)BA to the end

Start on vocals

Part A-32 counts

[1-8] Rock, Recover, Sailor Step, Rock, Recover, Sailor Step

1,2 Rock R to right side(1), recover weight on L(2)
3&4 Step R behind L(3), step L next to R(&), step R forward(4)
5,6 Rock L to left side(5), recover weight on R(6)
7&8 Step L behind R(7), step R next to L(&), step L forward(8)

[9-16] Step, Touch, Shuffle, 1/4 Turn Step, Touch, Shuffle

1-8 Step R forward(1), touch L behind R(2)
3&4 Step L back(3), step R back next to L(&), step L back(4)
5,6 Making ¼ turn right, step R to right side(5), touch L next to R(6)
7&8 Step L to left side(7), step R next to L(&), step L to left side(8)

[17-24] Cross Rock, Recover, Step, Cross Rock, Recover, Step, Rock, Recover, ½ turn Shuffle

1&2 Cross R over L(1), recover weight on L(&), step R to right side
3&4 Cross L over R(3), recover weight on R(&), step L to left side
5,6 Rock R forward(5), recover weight on L(6)
7&8 Making ½ turn right, shuffle forward R,L,R(7&8)

[24-32] Jazz Box ¼ turn, Touch, Kick Ball Change, Out, Out, Knee Pop

1-4 Cross L over R(1), step back on R(2), making ¼ turn left step L out to left side(3), touch R next to L(4)
5&6 Kick R forward(5) step ball of R next to L(&), step on L(6)
&7 Step R out to right(&) step L out to left(&)
&8 Lift both heels up, bending knees (&), bring both heels down replacing most of the weight on the L(8)

Part B – 32 counts (Jiggle It a Little)

[1-8] Ball, Heel, Hip Bumps, Ball Heel, Hip Bumps

&1,2,3,4 Step R back (&), bring L heel forward(1), bump hips to the right 3 X(2,3,4)
&5,6,7,8 Step L back(&), bring R heel forward(5), bump hips to the left 3X(6,7,8)

[9-16] Out, Out, 3 Sways, Hip Bumps

&1,2,3,4 Step R out to right(&), step L out to left(1), Sway hips, R,L,R(2,3,4)
5&6 Sway hips L,R,L(5&6)
7&8 Sway hips R,L,R(7&8)

[17-24] Step, Shimmy, Step, Step, Shimmy, Step

1-4 Step L to left side(1), shimmy shoulders(2,3), step R next to L(4)
5-8 Repeat above steps

[25-32] Heel R&L, Double Heel, Heel L&R, Heel, Step

1&2&3,4 Tap R heel forward(1), step back on R(&), tap L heel forward(2) step back on L(&), tap R heel twice(3,4)

&5&6&7,8 Step back on R(&), tap L heel forward(5), step back on L(&), tap R heel forward(6), step back on R(&), tap L heel forward(7), step back on L(8)

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