

Juicy Wiggle

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2
編舞者: Jen Michele (USA) - July 2022
音樂: Juicy Wiggle - Redfoo



****Dedicated to my boys. We have grooved to this music since they were in diapers! Love you J & B****

SEQUENCE: A – A – 8 count tag – B – B – A – A – A – B – B – A – A – A – B – B

****Tag: 1-4 walk forward right, left, right, kick left.
5-8 walk back, left, right, left, flick right back**

Phrase A:

V-Step with heels, walk x3, kick or hitch

- 1-4 step forward on the right diagonal on heel, step forward on the left diagonal on heel, step right back to center, step left back to center (12:00)
5-8 walk forward Right, Left, Right, kick left foot forward OR hitch left knee (12:00)

Walk back x3, flick, step touches x2

- 1-4 walk backwards Left, Right, Left, flick right foot back (12:00)
5-8 step right to the right side, touch left. Step left to the left side, touch right (12:00)

Hip bumps right. Hip bumps left (optional: wiggle shoulders with hip bumps here)

- 1&2&3&4 bump hips right and right and right and right (12:00)
5&6&7&8 bump hips left and left and left and left (12:00)

Step touches with ¼ turns (make ½ turn) (you can add shoulder wiggles here if you want!)

- 1-4 step right foot to the right side, touch left. Step back on the left as you turn ¼ right, touch right (3:00)
5-8 step right foot to the right side, touch left. Step back on the left as you turn ¼ right, touch right (6:00)

Phrase B:

Step side right, hold. Hips/Hands R, L, R, L, R, L

- 1-8 Step or lightly stomp the right foot the side, hold for count 2. Slightly bend knees, and using hands and hips sway right, left, right, left, right, left (3,4,5,6,7,8) (12:00)

Cross point x2 going forward. Cross point x2 going back.

- 1-4 moving forward cross right over left, point left to the left side. Cross left over right, point right to the right side. (12:00)
5-8 moving backward step right foot back, point left to the left side, step left back, point right to the right side (12:00)

Full circle around: hip circles x4 (with or without hands in air)/ or you can sprinkler around / or you can paddle around using right foot (get creative and funky here!)

- 1-8 HIP CIRCLES: counter clockwise roll your hips around as you make ¼ turns (4 times) to go all the way around and make a FULL turn going left (use 2 counts for each hip roll ¼ turn) (12:00)

Up/Down shimmy using hips (and hands if you want)(and head too!)

- 1-4 swing hips as you bend knees going down right, left, right, left (12:00)
5-8 swing hips going back up, right, left, right, left (12:00)

At end of dance/music, "Haha Yeah Baby..." do your own freestyle wiggle!

Enjoy!

Please contact Jen Michele with any questions! danceitoutlinedancing@yahoo.com

Last Update: 4 May 2024
