

Zig Zag

拍數: 40 牆數: 4
編舞者: Nancy Morgan (USA)
音樂: Zig Zag Stop - Toby Keith

級數: Improver east coast swing



TOE, STEP, TOE, STEP, SHUFFLE FORWARD, ROCK STEP

- 1-2 Touch right toes forward, step on right foot (in place)
- 3-4 Touch left toes forward, step on left foot (in place)
- 5&6 Shuffle forward - right, left, right
- 7-8 Rock/step forward on left and back on right

TOE, HEEL DROP, TOE, HEEL DROP, COASTER STEP, KICK-BALL-CHANGE

- 1-2 Touch left toes back, drop heel to floor
- 3-4 Touch right toes back, drop heel to floor
- 5&6 (Coaster step) step back on left, back on right, step forward on left
- 7&8 (Kick-ball-change) kick right foot slightly forward, step right next to left as you lift left off of floor, set left foot on floor next to right (weight is on left)

STEP, HITCH, STEP, HITCH, PRESS, HITCH, STEP, ¼ TURN LEFT

- 1-2 Step forward on right, bring left knee up as you hop on right foot
- 3-4 Step forward on left, bring right knee up as you hop on left foot
- 5-6 Press right toes to floor (leaning slightly forward), bring right knee up as you bend at waist toward knee)
- 7-8 Step slightly forward on right, turn ¼ turn to left (weight is on left)

JAZZ BOX SQUARE, JAZZ BOX SQUARE

- 1-2-3-4 Cross right over left, step back on left, step right to right side, step forward on left
- 5-6-7-8 Cross right over left, step back on left, step right to right side, step forward on left

TOUCH OUT, STEP FORWARD, TOUCH OUT, STEP FORWARD, MONTEREY TURN

- 1-2 Touch right toes out to right side, step forward on right
- 3-4 Touch left toes out to left side, step forward on left
- 5-6-7-8 (Monterey turn) touch right toes out to right side, push off of your right turning to your right ½ turn landing on your right foot next to your left, touch left toes out to left side, step left next to right

REPEAT