

Jiggy Jiggy

COPPER KNOB
STEPSHEETS

拍數: 32
編舞者: Ellen Smith

牆數: 2

級數: Intermediate

音樂: Tabloid Junkie - Michael Jackson



SKATE STEPS, STEP TOGETHER, 1 ¼ HINGE TURN LEFT

- 1-4 Skate forward right, left, right, left
- 5-6 Step right foot next to left, step left to left side making ¼ turn left
- 7-8 Step right foot to right side making ½ turn left, step left foot to left side making ½ turn left

Optional arm movements:

- 5 Push both arms forward at shoulder height, with palms facing forward
- 6 Take your left straightened arm in an arch over your head and out to left side
- 7 Swing right arm across in front of body to touch left hip
- 8 Click fingers of left hand down to left hip

KNEE POPS, SWIVEL TURNS, STEP, LOCK, UNWIND

- 9&10 Pop left knee in towards right knee, pop out to left side, back in towards right knee
- 11-12 Swivel heels to right making ¼ turn left, swivel heels to left making ½ turn right
- &13-14 Step small step forward on left foot, lock right foot behind left, unwind a full turn right
- 15 Take a large step with left foot to left side making a ¼ turn right into a squat
- 16 Slide right up to left straightening legs

Optional arm movements:

ARM ROLL

- 9 Punch left fist out straight in front of you shoulder height, and place your right hand above your left elbow
- & Roll left fist a full circle towards body
- 10 Punch left fist out straight in front of you
- 11 Leave arms as count 10
- 12 Bring right arm out on front to meet left
- 13 Punch both arms down to sides
- 15 Place hands on thighs

TRAVELING APPLEJACKS TO RIGHT, KNEE POP WITH POSES

- 17&18 Bring toes in together, heels in together
- &19&20 Toes in together, heels in together, toes in together, feet to center (traveling to right side)
- 21 Pop right knee forward while bringing left hand up to left ear and right arm straight out to right side at shoulder height
- 22 Turn head to right moving left hand with it (as if pushing head to right)
- 23 Turn head to left moving left hand back to start position
- 24 Drop head down towards right bended knee still holding pose

Option while performing traveling applejacks:

Shoulder lifts look quite effective while performing the traveling apple jacks

- 17&18 Lift left shoulder, lift right shoulder dropping left shoulder, lift left dropping right
- &19&20 Lift right dropping left, lift left dropping right, lift right dropping left, drop right shoulder

HAND SLIDE, ROCK SLIDE, UNWIND ¾ TURN LEFT

- 25 Pause (your chance to take a deep breath)
- 26-27 Slips hands on thighs, slide hands up thighs to hip level straightening body
- &28 Push hips forward, slap hands on hips pushing hips back
- 29-30 Step forward on left foot pushing left hip forward, rock back onto right foot
- 31-32 Cross left foot behind right, unwind ¾ turn left

REPEAT
