

# JIGGY JIGGY

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**Count:** 32

**Wall:** 2

**Level:** intermediate

**Choreographer:** Ellen Smith

**Music:** Tabloid Junkie by 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 $\frac{3}{4}$ 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  $\frac{3}{4}$  turn left

### **REPEAT**