Zig Zag

Count: 32 **Wall:** 4 **Level:** Intermediate
Choreographer: Scott Blevins (USA) & Fred Whitehouse (IRE) - February 2022
Music: Zig Zag - FITZ & Fitz and The Tantrums : (Album: Head Up High)

#24 count intro

[1-8] HEEL, GRIND, BEHIND, SIDE, FWD, HOOK, ½ FWD, FULL TURN TRIPLE, PADDLE 2X

1&2&	1) Step R heel across L; &) Grinding R heel step L to left; 2) Step R behind L; &) Step L to left
3&4	3) Step R forward; &) Hook L behind R knee; 4) Turn ½ left stepping L forward [6:00]
5&6	5) Turn ½ left stepping R back; &) Turn ½ left stepping L forward; 6) Step R forward
7-8	7) Turn ¼ right touching L to left while rotating hips anti-clockwise; 8) Repeat count 7 [12:00]

***Restart will happen here in the 6th rotation. You will be facing the original 3:00 wall.**
Replace count 8 with the following: 8) Turn ¼ right stepping L beside R

9-16	DIAGONAL, SAILOR, BEHIND, ¼ FORWARD, ¼ ROCK, ¼ RECOVER, ¼ BACK, BACK 2X
1	1) Step L forward on a diagonal toward10:30
2&3	2) Step R behind L; &) Step L to left; 3) Step R to right [12:00]
&4	&) Step L behind R; 4) Turn ¼ right stepping R forward [3:00]
5-6	5) Turn ¼ right rocking L to left; 6) Turn ¼ right recovering to R [9:00]
7&8	7) Turn ¼ right stepping L back/out to left pushing hips left; &) Step R back/out to right pushing hips right; 8) Step L back/out to left pushing hips left [12:00]

[17-24] SIDE BUMP 2X, ROCK, RECOVER, COLLECT w/PUSH, TRIPLE FWD, ½ BACK, OUT, OUT

1&2&	1) Step R to right; &) Touch L beside R bumping hips right; 2) Step L to left; 3) Touch R beside L bumping hips left
3&4	3) Rock R forward; &) Recover to L; 4) Step R beside L pushing hips back
5&6 5&	6) Triple forward L-R-L
7&8	7) Turn ½ left stepping R small step back; &) Step L out to left; 8) Step R out to right [6:00]

[25-32] TWIST UP 2X, TWIST DOWN 2X, ¼ SAILOR. STEP, ½ PIVOT, BOOGIE WALK 3X

1&2&	1) Twist heels right raising up a bit; &) Twist heels left raising a bit more; 2) Twist heels right lowering a bit; &) Twist heels left to center lowering to neutral
3&4	3) Step R behind L; &) Step L to left; 4) Turn ¼ right stepping R forward [9:00]
5-6	5) Step L forward; 6) Turn ½ right taking weight forward on R [3:00]
7&8	7) Small step forward on ball of L pushing knees left; &) Repeat with R; 8) Repeat with L

Ending: You will start the last rotation facing the original 6:00 wall. Dance through counts 16 then add the following steps:

&	&) Turn ½ right stepping R forward; 1) Step L to left hitting a pose

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