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The Barbro Wiggle BEGINNER

90 Count

Choreographed by: Cecilia Larsson & Therese Granberg Choreographed to: All Shook Up by Elvis Presley

1 2 3 4	BODY SWAYS Step right (sway body to the right) Step left (sway body to the left) Step right (sway body to the right) Step left (sway body to the left)
1 2 3 4	1/4 PIVOT TURNS Put right toe forward (put your right hand out and shake it, like elvis) Turn 1/4 to the left Put right toe forward (put your right hand out and shake it, like elvis) Turn 1/4 to the left
1 2 3 4	BODY SWAYS Step right (sway body to the right) Step left (sway body to the left) Step right (sway body to the right) Step left (sway body to the left)
1 2 3 4	1/4 PIVOT TURNS Step forward with right toe (put your right hand out and shake it, like elvis) Turn 1/4 to the left Step forward with right toe (put your right hand out and shake it, like elvis) Turn 1/4 to the left
1 - 2 3 - 4 5 - 6 7 - 8	HEEL STEPS Touch right heel forward and step back Touch left heel forward and step back Touch right heel forward and step back Touch left heel forward and step back
1 - 2 3 - 4 5 6 7 8	THE PRESLEY WALK Step right foot forward, toes pointed to the left (put left hand up and walk like elvis) Step left foot forward, toes pointed to the right Step right foot forward, toes pointed to the left Step left foot forward, toes pointed to the right Step right foot forward, toes pointed to the left Step left foot forward, toes pointed to the right
1 & 2 3 4 5 & 6 7	SIDE SHUFFLES AND ROCK STEP Right side shuffle (right-left-right) Rock back on left Rock forward on right Left side shuffle (left-right-left) Rock back on left Rock forward on right
1 - 2 3 - 4 5 6 7 8	THE PRESLEY WALK Step right foot forward, toes pointed to the left (put left hand up and walk like elvis) Step left foot forward, toes pointed to the right Step right foot forward, toes pointed to the left Step left foot forward, toes pointed to the right Step right foot forward, toes pointed to the left Step left foot forward, toes pointed to the right
1 - 2 3 - 4 5	KICKS Kick twice with right foot to the left & step right Kick twice with left foot to the right & step left Kick right foot to the left & step right

6 7 8 9 10	Kick left foot to the right & step left Kick right foot to the left & step right Kick left foot to the right Step left foot down Hold and clap hands
1 2 3 4 5 6 7 8 9 10 11	Lift both heels up to the right and bend your knees Step down Lift both heels up to the right and bend your knees Step down Lift heels and do circle movements to the right and bend your knees Step down Lift heels up and do circle movements to the right and bend your knees Step down Lift both heels up to the left and bend your knees Step down Lift both heels up to the left and bend your knees Step down Lift both heels up to the left and bend your knees Step down
1 - 2 3 - 4 5 - 6 7 - 8	SWIVEL TURN STEP AND HOLD AND KICK Heels swivel to the left and heels swivel to the right with a 1/4 turn to the left Touch right foot forward and hold Touch right foot back and hold Kick twice with right foot
1 2 3 4	ROLLING TURN TRAVELING BACK Step back on right foot and begin a full to the right turn traveling back Step on left foot and continue the turn Step on right foot and complete the turn Kick left foot forward
1 - 2 3 - 4 5 6 7 8	HIP BUMPS AND A 1/4 TURN Step left foot slightly forward and bump left hip forward twice Bump right hip back twice Bump left hip forward Bump right hip back Bump left hip forward Turn 1/4 to the left
	REPEAT

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