

Zig Zag



Choreographed by Scott Blevins and Fred Whitehouse (February 2022)

32 count 4 Wall Intermediate Line Dance with one restart*

Choreographed to "Zig Zag" by: 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 toward 10:30

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 1-6 then add the following steps:
&) Turn ½ right stepping R forward; 1) Step L to left hitting a pose