

# Zig Zag

Choreographed by Nancy A. Morgan

**Description:**40 count, 4 wall, beginner/intermediate east coast swing line dance

**Music:**Zig Zag Stop by Toby Keith

**S.O.S. (Rescue Me)** by Rihanna [137 bpm HipHop / A Girl Like Me]

## **TOE, STEP, TOE, STEP, SHUFFLE FORWARD, ROCK STEP**

1-2 Touch right toes forward, step on right foot (in place)

3-4 Touch left toes forward, step on left foot (in place)

5&6 Shuffle forward - right, left, right

7-8 Rock/step forward on left and back on right

## **TOE, HEEL DROP, TOE, HEEL DROP, COASTER STEP, KICK-BALL-CHANGE**

1-2 Touch left toes back, drop heel to floor

3-4 Touch right toes back, drop heel to floor

5&6 (Coaster step) step back on left, back on right, step forward on left

7&8 (Kick-ball-change) kick right foot slightly forward, step right next to left as you lift left off of floor, set left foot on floor next to right (weight is on left)

## **STEP, HITCH, STEP, HITCH, PRESS, HITCH, STEP, ¼ TURN LEFT**

1-2 Step forward on right, bring left knee up as you hop on right foot

3-4 Step forward on left, bring right knee up as you hop on left foot

5-6 Press right toes to floor (leaning slightly forward), bring right knee up as you bend at waist toward knee)

7-8 Step slightly forward on right, turn ¼ turn to left (weight is on left)

## **JAZZ BOX SQUARE, JAZZ BOX SQUARE**

1-2-3-4 Cross right over left, step back on left, step right to right side, step forward on left

5-6-7-8 Cross right over left, step back on left, step right to right side, step forward on left

## **TOUCH OUT, STEP FORWARD, TOUCH OUT, STEP FORWARD, MONTEREY TURN**

1-2 Touch right toes out to right side, step forward on right

3-4 Touch left toes out to left side, step forward on left

5-6-7-8 (Monterey turn) touch right toes out to right side, push off of your right turning to your right ½ turn landing on your right foot next to your left, touch left toes out to left side, step left next to right

## **REPEAT**