

Tigger

Choreographer: Rob Fowler [May 2005]

Music: Groove is in the Heart –Deee-Lite
available from Amazon.co.uk [also
available on Competition CD from MiL
merchandise]

Count: 48 count 4 wall Cha Cha
Start after 32 counts of the strong
beat on the words "the chills that you"



Step Left, Right Cross Rock, Sweep and Sailor ½ Turn, Left Rock and Jazz Box

- 1,2 Step left to side, rock right across left, recover
- 3 Sweep right to right and behind left
- 4+5 Step on right, ½ turn right onto left, step right next to left
- 6,7 Rock left to left side, recover to right
- 8+1 Cross left over right, step back on right, left next to right

Walk, walk, Shuffle, Step ¾ turn right, Side Shuffle, Hip Bump

- 2,3 Walk forward, left, right
- 4+5 Right shuffle forward, [right, left, right]
- 6,7 Step forward left, ¾ turn to right
- 8+1 Step to side, right next to left, left to side, bumping hips left

Hip bumps, Right and Left twinkle, Step ¾ Sweep

- 2,3 Bump hips left, right
- 4+5 Right across left, left to side, right next to left
- 6+7 Left across right, right to side, left next to right
- 8+1 Walk forward right left, sweep right foot making ¾ turn right

Syncopated Weave, Rock recover, ¼ turn box step

- 2,3 Step right behind left, left to side
- 4+5 Cross right across left, left to side, right across left
- 6,7 Rock left to left, recover
- 8+1 Step left across right, step right back making ¼ turn left, step left next to right

Right rock steps, Cross unwind Full turn, Right Shuffle

- 2+3+ Rock right across left, recover, rock right to right side, recover
- 4+5 Rock right across left, step right to right side
- 6,7 Cross left across right make full turn right [clockwise]
- 8+1 Right to the side, left next to right, right to the side.

Left rock steps, Cross unwind Full turn, Left Shuffle

- 2+3+ Rock left across right, recover, rock left to left side, recover
- 4+5 Rock left across right, step left to left side
- 6,7 Cross right across left make full turn left [anticlockwise]
- 8+1 Left to the side, right next to left, left to the side.

Start again