Zig a Zig

Count: 56 **Wall:** 2 **Level:** Intermediate Phrased
Choreographer: Kate Sala (UK) & Jamie Barnfield (UK) - September 2026
Music: Wannabe (Southern Soul Cover) - Unfound Records : (iTunes & Spotify)

Intro: 32 counts
Pattern of Dance: A,TAG, A, B, A, A, B, A, A, TAG+, A, A, A

SECTION A:
S1: WALK, WALK, ANCHOR STEP, 1/4 ROCK, 1/4 RECOVER, STEP, ANCHOR STEP, BACK

1-2	Step forward on Right, step forward on Left
3&4	Lock Right behind Left, step in place on Left, step back on Right
5-6	¼ left rocking Left to Left side (9:00), recover ¼ Right on Right (12:00)
7	Step forward on Left
8&1	Lock Right behind Left, step in place on Left, large step back on Right as you push back of Left sweeping Left from front to back

S2: BACK, SWEEP, BACK, SWEEP, 1/4 SAILOR STEP, 1/4 DIAMOND TURN

2-3	Step back on Left as you sweep Right from front to back, step back on Right as you sweep Left from front to back.
4&5	Cross Left behind Right, 1/4 Left stepping Right in place, step Left to Left side (9:00)
6&7	Cross Right over Left, 1/8 Right stepping Left to Left side, step back on Right (10:30)
8&	Cross Left behind Right, 1/8 Right stepping Right to Right side (12:00)

S3: HIP BUMPS FORWARD, 1/2 HIPS BUMPS FORWARD, HIPS BUMPS FORWARD, KICK OUT OUT-BALL CROSS

1&2	Step forward on Left as you bump hips forward back forward (weight on Left)
&3&4	1/2 turn Right stepping forward on Right as you bump hips forward back forward (6:00)
5&6	Step forward on Left as you bump hips forward back forward (weight on Left)
7&8	Kick Right forward, step Right out to Right side, step Left out to Left side
&1	Close on ball of Right, cross Left over Right

S4: 1/4 STEP, 1/4 SWEEP, CROSS, SIDE, BEHIND, ROCK BACK, RECOVER

2-3	1/4 Right stepping forward on Right (9:00), 1/4 Right sweeping Left from front to back (12:00)
4-5	Cross Left over Right, step Right to Right side
6	Cross Left behind Right as you sweep right from front to back
7-8	Rock back on Right, recover on Left

TAG 1: (6 Count tag to be danced here at the first A facing 12:00)
PIVOT 1/2, PIVOT 1/2, ROCK FORWARD, RECOVER

1-2	Step forward on Right, pivot 1/2 Left (6:00)
3-4	Step forward on Right, pivot 1/2 Left (12:00)
5-6	Rock forward on Right as you sway hips forward, recover on Left as you sway hips back

TAG 2: (8 Count tag to be danced at the 6th repetition of A facing 12:00)
PIVOT 1/2, PIVOT 1/2, ROCK FORWARD, RECOVER

1-2	Step forward on Right, pivot 1/2 Left (6:00)
3-4	Step forward on Right, pivot 1/2 Left (12:00)
5-6	Rock forward on Right as you sway hips forward, recover on Left as you sway hips back
7-8	Rock forward on Right as you sway hips forward, recover on Left as you sway hips back

SECTION B:
TAP & HEEL, & CROSS & HEEL, & TAP & HEEL, & CROSS & HEEL

1&2	Tap Right next to Left, step Right back on Right diagonal, tap Left heel forward to Left diagonal
&3&4	Close on ball of Left next to Right, cross Right over Left, step Left back on Left diagonal, tap Right Heel to Right diagonal
&5&6	Close Right next to Left, tap Left next to Right, step back on Left on Left diagonal, tap Right heel to Right diagonal
&7&8	Close Right, cross Left over Right, step back on Right diagonal, tap Left heel to Left diagonal

& BALL-CROSS, HOLD, BALL-CROSS, HOLD, BALL-JAZZ BOX

&1-2	Close on Ball of Left, cross Right over Left, HOLD
&3-4	Close on Ball of Left, cross Right over Left, HOLD
&5-6	Close on Ball of Left, cross Right over Left, step back on Left,
7-8	Step Right to Right side, cross Left over Right

SIDE, DRAG, TOE 1/2, SIDE, HIP ROTATION ANTI-CLOCKWISE

1-2	Large step to Right on Right dragging Left towards Right
3-4	Touch Left toe back, 1/2 Left taking weight on Left
5-6	Step Right to Right side, take hips to left side starting a rotation anit-clockwise
7-8	Continue hip rotation round ending with weight on Left

ENDING: During the last time of dancing section A, dance up to & include counts 2-3 in section 2 and then simply rock back on Left and recover on Right for your Ta-Dah moment! ☐

Last Update: 2 Nov 2026
