**1990s**

Visual: New York night club vogue-ing

**VOGUE ARMS** cross, out, touch ears, out, single stroke head side out, side out. Swing from elbow, side out, side out. (double time travelling forward and back)

**MC**  turn in, knees touch, turn out, low kick. Repeat x 4 (weightlifter arms in 2nd, then cross on the kick)

**DON’T TOUCH WIGGLE** do the shoulder wiggle in a large 2nd travelling to the side, close in on the 8th count, jump to 2nd x 3, on the fourth cross and turn. Repeat the other side.

**RUNNING MAN** split the legs into 4th position to the corner, and bring the back leg knee up and forward as you retract (on the spot, like you are replacing the legs).

Shorthand

Music starts straight on posing

Set 1

Intro is posing 2 x 8’s (Strike a pose)

Vogue walking, on the spot x 8 (kick the leg to come in on each one, keep the knees bent)

Vogue arms, while using legs but NOT travelling, x 1 slow

Vogue arms x 2 sets

MC x 4 slow

Don’t touch wiggle x 2

Break step: strike a pose 8 counts

Set 2

Vogue arms x 2 sets

MC x 4 slow, x 8 fast

Don’t touch wiggle x 2

Vogue arms x 2 sets

Running man x 8 (you could do this 4 slow, 8 fast)

Finish with a strike a pose

TIPS

Vogue walking: while you’re doing vogue arms, keep the knees bent the whole time and accent on the close.

Vogue arms: get a good straight extension on each open, and REALLY stroke the head on the side outs.

MC: no bounce and keep soft knees.

Can’t touch wiggle: make the feet in 2nd really patter, and then a dynamic action on the jump to 2nd