

# Milkshake

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Amy Christian (USA) - October 2024

Musik: Milkshake - Kelis



No tags or restarts.

## HEEL & HEEL & STEP FORWARD, TOGETHER, TWIST-TWIST-TWIST ¼ WITH HITCH, COASTER,

- 1&2& Place R heel forward, Step R next to L, Place L heel forward, Step L next to R,  
3-4 Take a big step forward on R, Step L next to R,  
5&6 Twist heels to the right, Twist toes to the right, Twist R heel to the right as you hitch L with ¼ turn left, [9:00]  
7&8 L coaster step,

## ROCK FORWARD, RECOVER, R COASTER STEP, PIVOT ½, ½, ½,

- 1-2 Rock forward on R, Recover on L, (You may do a forward body roll),  
3&4 R coaster step,  
5-6 Step L forward, Pivot ½ turn right stepping R forward, [3:00]  
7-8 ½ Turn right-back on R, ½ Turn L stepping forward on L, (Easy option – Walk forward R, L,) [3:00]

## SIDE ROCK, TOGETHER, SIDE ROCK, ¼ JAZZ BOX WITH A CROSS,

- 1-2& Rock L out to left side, Recover (out) on R, Step L next to R,  
3-4 Rock R out to right side, recover (out) on L,  
5-8 Step R across L, ¼ turn right stepping L back, Step R to right side, Step L across R, [6:00]

## TOUCH R OUT, ¼ STEPPING R NEXT TO L, SWITCHES, KICKBALL CHANGE, PIVOT ½,

- 1-2 Touch R out to right side, Weight remains on L as you twist ¼ right - stepping R next to left, [9:00]  
3&4 Touch L out to left side, Step L next to R, Touch R out to right side, (Switches),  
5&6 R kickball change,  
7-8 Step forward on R, Pivot ½ turn left-stepping L forward, [3:00]

Start over!

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