Milkshake	9
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40 Wand:	4	Ebene: Intermedi	ate/Advanced	
Chris Godden (UK)				- <i>12</i> 2 3
Milkshake - Kelis				
Hitch right while swingir	ng right foot to rig	ht, touch right forw	vard swiveling right he	el in, out, in
Pivot 1/2 right on right wh	nile hitching left,	repeat (back to fror	nt wall)	
Walk back left, right				
-	right side, take r	ght arm out to right	t side (palm face dow	n while head
Kick left in place, cross	left behind right,	hold		
Step right to right side, of	cross left over riç	ht, step right to rig	ht side	
Cross left behind right,	right to right side	, ¼ turn onto left		
Swivel both heels left rig	ght left while mal	king ½ turn right (w	eight ends on left)	
Step back on right, pres	s on ball of left,	step right in place		
Repeat on left				
Kick right to right side, o	close right to left	crossing arms in fro	ont of chest	
Step left to left side thro palms down	wing arms out to	side (palms down)), bending into both ki	nees pushing
U		• •	ft right left (while bum	ping hips
Big step forward on righ	it, close left to rig	lht		
Circle knees to the left t	wice while makin	ng ¼ left turn		
Walk forward right, left,	kick right forwar	d, pivot ½ right pres	ssing into ball of right	
Hold, close left behind r	ight, step forwar	d on right		
Scuff left forward, hitch	left, step forward	l on left		
	Chris Godden (UK) Milkshake - Kelis Hitch right while swingir Pivot ½ right on right wh Walk back left, right Left to left side, right to turns right) Kick left in place, cross Step right to right side, of Cross left behind right, n Swivel both heels left rig Step back on right, pres Repeat on left Kick right to right side, of Step left to left side thro palms down Taking weight onto left I slowly complete ¼ turn Big step forward on right Circle knees to the left to Walk forward right, left, Hold, close left behind r	Chris Godden (UK) Milkshake - Kelis Hitch right while swinging right foot to rig Pivot ½ right on right while hitching left, Walk back left, right Left to left side, right to right side, take ri turns right) Kick left in place, cross left behind right, Step right to right side, cross left over rig Cross left behind right, right to right side Swivel both heels left right left while make Step back on right, press on ball of left, s Repeat on left Kick right to right side, close right to left Step left to left side throwing arms out to palms down Taking weight onto left bump hips right h Slowly complete ¼ turn right with right hi Big step forward on right, close left to rig Circle knees to the left twice while maker Walk forward right, left, kick right forward Hold, close left behind right, step forward	Chris Godden (UK) Milkshake - Kelis Hitch right while swinging right foot to right, touch right forw Pivot ½ right on right while hitching left, repeat (back to from Walk back left, right Left to left side, right to right side, take right arm out to right turns right) Kick left in place, cross left behind right, hold Step right to right side, cross left over right, step right to rig Cross left behind right, right to right side, ¼ turn onto left Swivel both heels left right left while making ½ turn right (w Step back on right, press on ball of left, step right in place Repeat on left Kick right to right side, close right to left crossing arms in fre Step left to left side throwing arms out to side (palms down) palms down Taking weight onto left bump hips right left right left right left slowly complete ¼ turn right with right hitch) Big step forward on right, close left to right Circle knees to the left twice while making ¼ left turn	Chris Godden (UK) Milkshake - Kelis Hitch right while swinging right foot to right, touch right forward swiveling right he Pivot ½ right on right while hitching left, repeat (back to front wall) Walk back left, right Left to left side, right to right side, take right arm out to right side (palm face down turns right) Kick left in place, cross left behind right, hold Step right to right side, cross left over right, step right to right side Cross left behind right, right to right side, ¼ turn onto left Swivel both heels left right left while making ½ turn right (weight ends on left) Step back on right, press on ball of left, step right in place Repeat on left Kick right to right side, close right to left crossing arms in front of chest Step left to left side throwing arms out to side (palms down), bending into both king palms down Taking weight onto left bump hips right left right left right left (while bum slowly complete ¼ turn right with right hitch) Big step forward on right, left, kick right forward, pivot ½ right pressing into ball of right Hold, close left behind right, step forward on right