

Hip Shake

Count: 48

Wand: 4

Ebene: Improver

Choreograf/in: Nancy Morgan (USA)

Musik: Shake Your Hips - Marty Stuart



RIGHT HEEL FORWARD, TOGETHER REPEAT WITH LEFT, RIGHT, LEFT

- 1-4 Put right heel forward, put right foot next to left, put left heel forward, stomp left foot next to right
- 5-8 Put right heel forward, stomp right foot next to left, put left heel forward, stomp left foot next to right

RIGHT TOE FANS, HEEL, CROSS, HEEL, STOMP, LEFT TOE FANS, HEEL, CROSS, HEEL, STOMP

- 1-4 Fan right toe out, fan right toe back to left foot, fan right toe out, fan right toe back to left foot
- 5-8 Put right heel forward, cross right foot over left, put right heel forward, stomp right next to left
- 1-4 Fan left toe out, fan left toe back to right foot, fan left toe out, fan left toe back to right foot
- 5-8 Put left heel forward, cross left foot over right, put left heel forward, stomp left next to right shoulder width apart

RIGHT LIFT, SLAP, STOMP, LEFT LIFT, SLAP, STOMP

- 1-2 Lift right foot behind left and touch right toe with left hand, stomp right foot down shoulder length from left
- 3-4 Lift left foot behind right and touch left toe with right hand, stomp left foot down next to right
- 5-8 Move both heels to left, move both heels to right, move both heels to left, jump straight up and down for the stomp or stomp with right foot

VINE RIGHT WITH STOMP, JAZZ BOX WITH ¼ TURN TO RIGHT WITH STOMP

- 1-4 Step right foot forward, step left behind right, step right to right side, stomp left next to right
- 5-8 Cross right over left, step back on your left as you turn ¼ turn to your right, step right to right side, stomp left next to right

DO THE TWIST, THEN STEP SLIDE STEP AND STOMP

- 1-4 Twist hips to left, right, left, right
- 5-8 Step left foot forward, slide right foot to left, step left foot forward, stomp right foot next to left keeping weight on left

REPEAT
