

# Hips

Count: 32

Wand: 4

Ebene: Intermediate mambo

Choreograf/in: Zac Detweiller (USA)

Musik: Hips Don't Lie - Shakira



## **MAMBO STEP, COASTER STEP, HIP ROLLS WITH TURN $\frac{3}{4}$**

- 1&2 Rock right forward, recover onto left, step right in place  
3&4 Step left back, step right together, step left forward  
&5&6&7&8 TURN  $\frac{3}{4}$  left and step on each count moving hips in a circle to the left (stepping on every count)

## **MAMBO STEP, COASTER STEP, TOUGH, OUT, OUT, IN, IN, ROCK RECOVER, TOUCH**

- 1&2 Rock right forward, recover onto left, step right in place  
3&4& Step left back, step right together, step left forward, touch right together  
5& Step right to side, step left to side  
6& Step right home, step left together  
7&8 Rock right forward, recover to left, touch right together

## **KICK SIDE ROCK STEP (TWICE), KICK AND TOUCH, FORWARD SHUFFLE**

- 1&2& Kick right forward, rock right to side, recover to left, step right in place  
3&4& Kick left forward, rock left to side, recover to right, step left in place  
5&6 Kick right forward, step right in place, touch left toe together  
7&8 Step left forward, step right together, step left forward

## **ROCK RECOVER TURN $\frac{1}{2}$ RIGHT, TURN $\frac{1}{2}$ / TURN $\frac{1}{2}$ , STEP TOUCH, BACK TOUCH, ROCK RECOVER STEP**

- 1&2 Rock right forward, recover onto left, turn  $\frac{1}{2}$  right and step right forward  
3-4 Turn  $\frac{1}{2}$  right and step left back, turn  $\frac{1}{2}$  right and step right forward  
5& Step left forward, touch right together  
6& Step right back, touch left together  
7&8 Rock left back, recover onto right, step left together

## **REPEAT**

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