# Hay Que Linda



Count: 64 Wand: 2 Ebene: Intermediate

Choreograf/in: Johnny T. Darl

Musik: Hay Que Linda - Dreamhouse



#### Walls 1,3,4,5,7 are 64 counts; walls 2 and 6 are 48 counts

#### SHIMMY FORWARD, HALFTURN, SHIMMY FORWARD

1 Step forward on left foot (bending knees slightly down)

&2&3&4 Shimmy shoulders forward and upward (as knees straighten up) & Pushing back off left foot, make  $\frac{1}{2}$  turn left on ball of right foot

5 Step forward on left foot (bending knees slightly down)

&6&7&8 Shimmy shoulders forward and upward (as knees straighten up)

# ROCK FORWARD AND BACK, STEP BACK, HOLD, PIVOT, HOLD, SHUFFLE

9 Rock forward onto right foot
10 Rock back onto left foot
11 Step right foot back

12 Hold

13 Pivot ½ turn to right on balls of both feet

14 Hold

Left shuffle forward with right lock step behind left (left, right-lock, left)

#### TRAVELING HIP BUMPS, ROCK FORWARD AND BACK

17&18	Step right foot forward and diagonally right while bumping hips forward, back, forward
19&20	Step left foot forward and diagonally left while bumping hips forward, back, forward
21&22	Step right foot forward and diagonally right while bumping hips forward, back, forward

23 Rock forward onto left foot 24 Rock back onto right foot

#### STEP BACK AND HOOK, HOLD, UNWIND, SCOOT BACKWARDS

25 Step left foot slightly back and hook behind right foot

26 Hold

27 Unwind ¾ turn to left

28 Hold

29 Hitch right knee and scoot back on left foot

& Lower right foot to ground

30 Hitch left knee and scoot back on right foot

& Lower left foot to ground

31 Hitch right knee and scoot back on left foot

32 Touch right foot to ground

You may also "mashed potato" backwards on counts 29-32

#### KNEE ROLL, SLIDE TO RIGHT, TURN, HOLD, BODY ROLL

33-34	Roll right knee to the right
35	Slide right foot to right side
&	Slide left next to right
36	Slide right foot to right side

37 Step left foot forward and into a ¼ right turn

38 Hold

Body roll; bend knees slight as to start sitting down, pull rear end back slightly at the same

time pushing chest slightly forward, stand up as you roll chest upward

## STEP BACK, HOLD, STEP BACK, PIVOT, TURN, HIP BUMPS, TURN, HIP BUMPS, TURN

41 Step left foot backward

42 Hold

43 Step right foot back

44 Pivot ½ turn to right on balls of both feet & Step left foot forward into right ¼ turn

45&46 Bump hips left, right, left

& Pivot right ½ turn on ball of left foot

47&48 Bump hips right, left, right

& Pivot ¼ right turn on ball of right foot Walls 2 and 6 end here. Begin with counts 1-8 again

# STEP FORWARD, HOLD, BODY ROLL, STEP BACK, HOLD, STEP BACK, PIVOT

49 Step left foot forward

50 Hold

51&52 Body roll; bend knees slight as to start sitting down, pull rear end back slightly at the same

time pushing chest slightly forward, stand up as you roll chest upward

53 Step left foot backward

54 Hold

55 Step right foot back

Pivot ½ turn to right on balls of both feet

## KNEE ROLL, KNEE ROLL, TURN, TURN, HOOK, UNWIND

57-58 Touch left foot slightly forward and roll left knee to the left

& Step down on left foot

59-60 Touch right foot slightly forward and roll right knee to the right

Step right foot forward into a right ¼ turn

Step back onto left foot continuing with another right ¼ turn

Hook right foot behind left

Unwind ½ turn to right on balls of both feet (transfer weight to right foot)

#### **REPEAT**