

# Centrifugal Motion

Count: 48

Wand: 4

Ebene: Intermediate

Choreograf/in: Elaine Morgan (USA)

Musik: This Kiss - Faith Hill



## TOE-HEEL

- 1 Touch right toe next to left foot
- 2 Touch right heel next to left foot

## SHUFFLE & TURN

- 3&4 Right shuffle forward: step right foot forward, step left foot next to right, step right foot forward
- 5 Step left foot forward
- 6 Make  $\frac{1}{2}$  turn to right, shifting weight to right foot

## TOE-HEEL

- 7 Touch left toe next to right foot
- 8 Touch left heel next to right foot

## SHUFFLE & TURN

- 9&10 Left shuffle forward: step left foot forward, step right foot next to left, step left foot forward
- 11 Step right foot forward
- 12 Make  $\frac{1}{2}$  turn to left, switching weight to left foot

## ROCK STEPS

- 13 Step right foot forward
- 14 Rock back on left foot
- 15 Step right foot back
- 16 Rock forward on left foot

## STEP HITCH

- 17 Step right foot forward
- 18 Hitch left knee up and make a small hop on right foot (like a skip)
- 19 Step left foot forward
- 20 Hitch right knee up and make a small hop on left foot

## ROLLING VINE

- 21 Step right foot to right, making  $\frac{1}{2}$  turn to right
- 22 Step left foot beyond right foot, beginning another  $\frac{1}{2}$  turn to right
- 23 Step right foot next to left, finishing  $\frac{1}{2}$  turn (facing original wall)

**The rolling vines in steps 21-23 and steps 30-32 should be one smooth move, making a complete turn in three steps**

## ROCK STEP

- 24 Step left foot forward
- 25 Rock back on right foot

## STEP HITCH

- 26-27 Repeat steps 19-20
- 28-29 Repeat steps 17-18

## ROLLING VINE

- 30 Step left foot to left, making  $\frac{1}{2}$  turn to left

- 31 Step right foot beyond left foot, beginning another  $\frac{1}{2}$  turn to left  
32 Step left foot next to right, finishing  $\frac{1}{2}$  turn (facing original wall)

### **ROCK STEP**

- 33 Step right foot forward  
34 Rock back on left foot

### **SHUFFLE BACK**

- 35&36 Right shuffle back: step right foot back, step left foot next to right, step right foot back  
37&38 Left shuffle back: step left foot back, step right foot next to left, step left foot back

### **HALF TURN**

- 39 Cross-step right foot behind left  
40 Make  $\frac{1}{2}$  turn to right, unwinding legs and switching weight to left foot

### **THREE-QUARTER TURN**

- 41 Cross right foot in front of left  
42 Make  $\frac{3}{4}$  turn to left, unwinding legs and switching weight to left foot

### **HIP BUMPS**

- 43-44 Bump hips to right twice  
45-46 Bump hips to left twice  
47-48 Bump hips to right, then left

### **REPEAT**

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