

Rocket Hips

Count: 24

Wand: 2

Ebene: Beginner

Choreograf/in: Di From Dubai (UAE) - February 2007

Musik: Rock Your Body - Stagga Lee : (Album: Rock Your Body)



Or Music: Hips Don't Lie by Shakira (practise), Album: Oral Fixation Vol. 2

- 1-8** **STEP RIGHT, STEP LEFT, RIGHT SIDE SHUFFLE; REPEAT ON LEFT SIDE**
1-2 Step right foot to right side, step left foot next to right foot
3&4 Step right foot to right side, step left foot next to right foot, step right foot to right side
5-6 Step left foot to left side, step right foot next to left foot
7&8 Step left foot to left side, step right foot next to left foot, step left foot to left side
- 9-16** **ROCK FORWARD AND BACK, STEP 1/2 TURN, TRIPLE STEP**
1-2 Step right foot back, pivot 1/2 turn to right
3-4 Step left foot forward, pivot 1/2 turn to right
5-6 Rock left foot forward, rock back on right foot
7&8 Step back on left foot, step right foot next to left foot, step forward on left foot
- 17-24** **ROCK FORWARD AND BACK, STEP 1/2 TURN, TRIPLE STEP**
1-2 Cross rock right foot over left foot, rock back on left foot
3&4 Triple step leading with right foot
5-6 Rock left foot forward, rock back on right foot
7&8 Step left foot back, step right foot next to left foot, step left foot forward
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