Milkshake



40	Mur: 4	Niveau:	Intermediate/Advanced	
Chris Godden (U	K)			1992 (M
Milkshake - Kelis				
Hitch right while s	winging right foot to	right, touc	h right forward swiveling righ	it heel in, out, in
Pivot 1/2 right on ri	ght while hitching let	t, repeat (back to front wall)	
Walk back left, rig	ht			
	ght to right side, take	e right arm	out to right side (palm face o	down while head
Kick left in place,	cross left behind rigl	nt, hold		
Step right to right	side, cross left over	right, step	right to right side	
Cross left behind right, right to right side, 1/4 turn onto left				
Swivel both heels	left right left while m	naking ½ t	urn right (weight ends on left))
Step back on righ	t, press on ball of lef	it, step rigl	nt in place	
Repeat on left				
• •	•		-	
	le throwing arms out	to side (p	alms down), bending into bo	th knees pushing
Taking weight onto left bump hips right left right left right left right left (while bumping hips slowly complete 1⁄4 turn right with right hitch)				oumping hips
Big step forward of	on right, close left to	right		
Circle knees to th	e left twice while ma	king ¼ lef	t turn	
Walk forward righ	t, left, kick right forw	ard, pivot	1/2 right pressing into ball of ri	ght
Hold, close left be	hind right, step forw	ard on rig	nt	
Scuff left forward,	hitch left, step forwa	ard on left		
	Chris Godden (U Milkshake - Kelis Hitch right while s Pivot ½ right on ri Walk back left, rig Left to left side, rig turns right) Kick left in place, Step right to right Cross left behind Swivel both heels Step back on righ Repeat on left Kick right to right Step left to left sic palms down Taking weight ont slowly complete ½ Big step forward of Circle knees to th Walk forward righ Hold, close left be	Chris Godden (UK) Milkshake - Kelis Hitch right while swinging right foot to Pivot ½ right on right while hitching lef Walk back left, right Left to left side, right to right side, take turns right) Kick left in place, cross left behind righ Step right to right side, cross left over Cross left behind right, right to right sid Swivel both heels left right left while m Step back on right, press on ball of lef Repeat on left Kick right to right side, close right to le Step left to left side throwing arms out palms down Taking weight onto left bump hips righ slowly complete ¼ turn right with right Big step forward on right, close left to Circle knees to the left twice while ma Walk forward right, left, kick right forw Hold, close left behind right, step forw	Chris Godden (UK) Milkshake - Kelis Hitch right while swinging right foot to right, touc Pivot ½ right on right while hitching left, repeat (Walk back left, right Left to left side, right to right side, take right arm turns right) Kick left in place, cross left behind right, hold Step right to right side, cross left over right, step Cross left behind right, right to right side, ¼ turn Swivel both heels left right left while making ½ to Step back on right, press on ball of left, step right Repeat on left Kick right to right side, close right to left crossing Step left to left side throwing arms out to side (p palms down Taking weight onto left bump hips right left right slowly complete ¼ turn right with right hitch) Big step forward on right, close left to right Circle knees to the left twice while making ¼ left Walk forward right, left, kick right forward, pivot	Chris Godden (UK) Milkshake - Kelis Hitch right while swinging right foot to right, touch right forward swiveling righ Pivot ½ right on right while hitching left, repeat (back to front wall) Walk back left, right Left to left side, right to right side, take right arm out to right side (palm face of turns right) Kick left in place, cross left behind right, hold Step right to right side, cross left over right, step right to right side Cross left behind right, right to right side, ¼ turn onto left Swivel both heels left right left while making ½ turn right (weight ends on left Step back on right, press on ball of left, step right in place Repeat on left Kick right to right side, close right to left crossing arms in front of chest Step left to left side throwing arms out to side (palms down), bending into bo palms down Taking weight onto left bump hips right left right left right left right left (while the slowly complete ¼ turn right with right hitch) Big step forward on right, close left to right Circle knees to the left twice while making ¼ left turn Walk forward right, left, kick right forward, pivot ½ right pressing into ball of rid Hold, close left behind right, step forward on right