

# My Hips Don't Lie

Compte: 56

Mur: 4

Niveau: Intermediate

Chorégraphe: Petra Bohlin (SWE)

Musique: Hips Don't Lie - Shakira



## STEP, FORWARD SHUFFLE, $\frac{3}{4}$ TURN, CHASSE LEFT

- 1-2 Step right forward, step left forward
- 3&4 Step right forward, step left next to right, step right forward
- 5-6 Step left forward, make  $\frac{3}{4}$  turn to right
- 7&8 Step left to left side, step right next to left, step left to left side

## ROCK BACK, $\frac{1}{2}$ TURN, 2X TOE STRUTS

- 1-2 Rock back on right, recover onto left in place
- 3-4 Step right forward, make  $\frac{1}{2}$  turn to left
- 5-6 Step right toe forward, drop right heel taking weight
- 7-8 Step left toe forward, drop left heel taking weight

Optional: raise arms on 5&7, click fingers on 6&8

## RIGHT ROCK, CROSS SHUFFLE, $\frac{1}{2}$ TURN RIGHT, CROSS SHUFFLE

- 1-2 Rock right to right side, rock onto left in place
- 3&4 Cross right over left, step left to left side, cross right over left
- 5 Make  $\frac{1}{4}$  turn right stepping back onto left
- 6 Make  $\frac{1}{4}$  turn right stepping right out to right side
- 7&8 Cross left over right, step right to right side, cross left over right

## POINT-CROSS TWICE, $\frac{1}{2}$ MONTEREY TURN RIGHT

- 1-2 Point right toe to right side, cross step right over left
- 3-4 Point left toe to left side, cross step left over right
- 5-6 Point right toe to right side, on ball of left  $\frac{1}{2}$  turn right stepping right beside left
- 7-8 Touch left to left side, step left beside right

## HIP BUMPS, CHASSE RIGHT, CROSS ROCK

- 1&2 Step right diagonally forward right, bumping hips forward, back, forward
- 3&4 Step left diagonally forward left, bumping hips forward, back, forward
- 5&6 Step right to right side, step left beside right, step right to right side
- 7-8 Cross rock left foot over right, recover onto right in place

## 2X $\frac{1}{2}$ TURN LEFT, CHASSE LEFT, STEP OUT, HEEL TAPS TWICE

- 1-2 Make 2x  $\frac{1}{2}$  turn left, stepping left, right
- 3&4 Step left to left side, step right beside left, step left to left side
- 5-6 Step right out to right side, step left to left side
- 7-8 Tap both heels on the floor 2 times

## ROCK FORWARD, FULL TURN MOVING BACK, $\frac{1}{2}$ TURN INTO SHUFFLE, KICK BALL CHANGE

- 1-2 Rock forward on left, recover onto right in place
- 3 Make  $\frac{1}{2}$  turn left, stepping forward on left
- 4 Make  $\frac{1}{2}$  turn left, stepping back on right
- 5 Make  $\frac{1}{2}$  turn left, stepping forward on left
- &6 Close right beside left, step forward on left
- 7&8 Kick right forward, step right beside left, step left in place

**REPEAT**

**TAG**

**Danced once after section 4 during 5th wall, then continue the dance to finish facing front**

**½ MONTEREY TURN RIGHT**

1-2 Point right toe to right side, on ball of left make ½ turn right stepping right beside left

3-4 Touch left to left side, step left beside right

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