

# Hippy Hippy Swings

Compte: 56

Mur: 1

Niveau: Improver merengue

Chorégraphe: Sean Rook (SG)

Musique: La Gorda Linda - Arthur Hanlon



## **MERENGUE TO RIGHT AND THEN LEFT (WITH HIP MOVEMENTS)**

- 1-4 Step right to right side, close left to right, step right to right, close left to right  
5-8 Step left to left side, close right to left, step left to left, close right to left

## **MERENGUE TO RIGHT AND THEN LEFT (WITH HIP MOVEMENTS)**

- 1-4 Step right to right side, close left to right, step right to right, close left to right  
5-8 Step left to left side, close right to left, step left to left, close right to left

## **ROCK RECOVER WITH LOTS OF HIP MOVEMENTS DONE CONTINUOUSLY (WITH ARMS MOVING AT SIDES)**

- 1-3 Right rock forward, recover left, right rock back  
4-6 Left rock back, recover right, left step forward (with hip forward movement)

## **ROCK RECOVER WITH LOTS OF HIP MOVEMENTS DONE CONTINUOUSLY (WITH ARMS MOVING AT SIDES)**

- 1-3 Right rock forward, recover left, right rock back  
4-6 Left rock back, recover right, left step forward (with hip forward movement)

## **SIDE, BEHIND, ROCK, RECOVER (ALSO WITH LOTS OF HIP MOVEMENTS WITH BOTH ARMS EXTENDED)**

- 1-3 Right to right (with hip movement), left step behind right, recover onto right  
4-6 Left to left (with hip movements), right step behind left, recover onto left

## **SIDE, BEHIND, ROCK, RECOVER (ALSO WITH LOTS OF HIP MOVEMENTS WITH BOTH ARMS EXTENDED)**

- 1-3 Right to right (with hip movement), left step behind right, recover onto right  
4-6 Left to left (with hip movements), right step behind left, recover onto left

## **MERENGUE RIGHT AND LEFT (WITH HAND MOVEMENTS)**

- 1-2 Step right to right side, close left to right (left arm extended, bring right arm overhead on 2nd count)  
3-4 Step right to right, close left to right (with left arm still extended, bring right arm down on 4th count)  
5-6 Step left to left side, close right to left (with right arm extended, bring left arm overhead on 6th count)  
7-8 Step left to left, close right to left. (with right arm extended, bring left arm down on 8th count)

## **STEP FORWARD WITH HIPS - RIGHT, LEFT & FULL RIGHT TURN, BODY RIPPLE**

- 1-2 Step right to right side, step left to left  
3&4 Full right turn with weight ending on right  
5-8 Free style - body ripple - moving it up and then down and level - ready to start again!

**REPEAT**