

Fifty And Hip "Hop"

Compte: 32

Mur: 4

Niveau: Intermediate

Chorégraphe: Forty Arroyo (USA)

Musique: Miami (Dance Mix) - Will Smith



Dedicated to all the line-dancers 50 and over who still kick butt on the dance floor

RONDE ¼ LEFT, SHUFFLE FORWARD, POINT LEFT ¼ RIGHT, CROSSING SHUFFLE, CROSS STEP RIGHT & LEFT

- &1 In a circular motion (to the left) sweep right foot in front of left, touch right in front of left turning ¼ left
- 2&3-4 Shuffle forward right, left, right, touch left out to side turning ¼ right
- 5&6 Cross left over right, step right slightly to right, cross left over right
- 7-8 Traveling slightly forward, cross step right over left, cross step left over right

Twist lower body in the direction you are stepping

ROCK & KICK CROSS, ROCK & KICK CROSS, HITCH TOUCH WITH 1/8 LEFT (2X), CROSS RIGHT, STEP LEFT, STEP RIGHT AND DRAG

- 1&2& Rock right to right side, step left in place, kick right forward and across left, cross step right over left
- 3&4& Rock left to left side, step right in place, kick left forward and across right, cross step left over right
- &5 Hitch right knee, touch right toes slightly to right while turning 1/8 to left
- &6 Hitch right knee, touch right toes slightly to right while turning 1/8 to left
- 7&8 Cross right over left, step left to side, step right to side (long step) - pushing off left and dragging left to right

Alternate steps for 1-4 touch right to right side, cross step right over left, touch left to left side, cross step left over right

SWIVEL STEP LEFT RIGHT LEFT RIGHT, TAP, KICK, STEP, TAP, KICK

- &1 On ball of right foot swivel heels to right, step left in place
- &2 On ball of left foot swivel heels to left, step right in place
- &3 On ball of right foot swivel heels to right, step left in place
- &4 On ball of left foot swivel heels to left, step right in place
- 5-6 Tap ball of left next to right, kick left forward
- &7-8 Step left next to right diagonally to left, tap ball of right next to left, kick right forward

Alternate steps for &1-4 skate left, right, left, right

KICK & KICK, & STEP, TOUCH, RIGHT MAMBO, LEFT MAMBO

- &1 Step right next to left, kick left in front and across right
- &2 Step left next to right, kick right in front and across left
- &3-4 Step right next to left, step forward on left (long step), touch right next to left
- 5&6 Rock right to right side, step left in place, step right next to left
- 7&8 Rock left to left side, step right in place, step left next to right

REPEAT