

# 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**