

# Moving Hips

Compte: 32

Mur: 4

Niveau: High Beginner

Chorégraphe: Frank Trace (USA) - August 2014

Musique: "Moviendo Caderas" by Yandel & Daddy Yankee



Begin after 64 counts on the strong beat.

Alt. music: "Fireball" by Pitbull

## RIGHT SIDE MAMBO, LEFT SIDE MAMBO, FORWARD MAMBO, BACK MAMBO

- 1&2 Rock R to right side, recover onto L, step R next to L
- 3&4 Rock L to left side, recover onto R, step L next to R
- 5&6 Rock R forward, recover onto L, step R next to L
- 7&8 Rock L back, recover onto R, step L next to R

## WALK, WALK, SHUFFLE FORWARD, ROCK, RECOVER, SHUFFLE BACK

- 1-2 Walk forward R, L
- 3&4 Shuffle forward stepping R-L-R
- 5-6 Rock forward on L, recover onto R
- 7&8 Shuffle back stepping L-R-L

## STEP BACK, HEEL, STEP BACK, HEEL, STEP, STEP, SYNCOPADED HIP SWEVELS

- 1-2 Step back on R, touch L heel diagonally forward left
- 3-4 Step back on L, touch R heel diagonally forward right
- 5-6 Step R slightly back, step L next to R
- 7&8 Syncopated hips swivels counter clockwise twice (weight ends on left)

## ¼ TURN HIPS ROLLS (X3), CROSS STEP, STEP BACK

- 1-2 Step R forward, pivot (hip roll counter clockwise) ¼ turn (9:00)
- 3-4 Step R forward, pivot (hip roll counter clockwise) ¼ turn (6:00)
- 5-6 Step R forward, pivot (hip roll counter clockwise) ¼ turn (3:00)
- 7-8 Step R over L, step L back

## REPEAT

**ENDING:** At the end of the song the beat stops, but Yandel still sings.  
Finish out the last 8 counts of the dance (Hip Rolls) to finish at the front wall.

Contact: [franktrace@sssnet.com](mailto:franktrace@sssnet.com)