

Lips & Hips (aka Goodtime Gwen)

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Beginner / Improver
编舞者: Sandy Goodman (USA) - April 2015
音乐: Lips Are Movin - Meghan Trainor



(No Tags Or Restarts Using "Lips are Movin")

OR: Good For A Good Time by Darius Rucker

#32 count intro.

S1: Weave Right, Rock-Recover, Cross, Hold

1 - 4 Step Right side right (1), Step Left behind right (2), Step Right side right (3), Cross Left over right (4)
5 - 8 Rock Right side right (5), Recover on Left (6), Cross Right over left (7), Hold (8)

S2: Weave Left, Sway Left, Sway Right, Bump Left (x2)

1 - 4 Step Left side left (1), Step Right behind left (2), Step Left side left (3), Cross Right over left (4)
5 - 8 Sway hips Left (5), Sway hips Right (6), Bump hips Left - twice (7-8)

Note: I'm calling the steps (5-8) the modified Gwen after my dear friend. You may also do a hairbrush movement while doing these steps to make it look sexier!!

S3: (Done On Diagonals), Step Right Forward, Step Left Beside Right, Step Right Forward, Touch Left, Step Left Forward, Step Right Beside Left, Step Left Forward, Touch Right

1 - 4 Step Right fwd. to right diag. (1), Step Left beside right (2), Step Right fwd. to diag. (3), Touch Left
5 - 8 Step Left fwd. to left diag. (5), Step Right beside left (6), Step Left fwd. to diag. (7), Touch Right (8)

S4: Backwards Zig-Zag Steps With Touch/Claps

1 - 4 Step R diag. back right (1), Touch Left/Clap hands (2), Step L diag. back left (3), Touch Right/clap (4)
5 - 8 Step R diag. back right (5), Touch Left/Clap hands (6), Step L diag. back left (7), Touch Right/clap (8)

S5: Side Shuffle Right, Rock Back-Recover, Side Shuffle Left, Rock Back- Recover

1 & 2 Step Right side right (1), Step Left beside right (&), Step Right side right (2)
3 - 4 Rock back Left (3), Recover on Right (4)
5 & 6 Step Left side left (5), Step Right beside left (&), Step Left side left (6)
7 - 8 Rock back Right (7), Recover on Left (8)

S6: Step Forward, Pivot ¼ Turn Left (x2), Jazz Box

1 - 4 Step fwd. Right (1), Pivot ¼ turn left- weight Left (2), Step fwd. Right (3), Pivot ¼ turn left- weight left (4)
5 - 8 Cross Right over left (5), Step Left back (6), Step Right slightly fwd. right (7), Step Left beside right (8)

Begin Again!!!!

If using the Darius Rucker music, there is a 4 count tag after the 5th wall..

Bump hips Right twice (1-2), Bump hips Left twice (3-4)

The Ending for the Darius Rucker music is as follows:

On the 7th wall, do 4 pivot ¼ turns, and do 2 Jazz boxes at the end.

You'll end facing the 12:00 wall as the music ends. :-) Good Luck!!

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