

Read My Hips

拍数: 32 墙数: 2 级数:
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音乐: Don't Be Stupid (You Know I Love You) - Shania Twain



POINT-STEP-STEP, TURNING SHOULDER ROLL, LOOK, WASHBOARD SHAKE

- 1&2 Point (touch) left toe to the left; step left foot next to right; step forward on right foot
- 3-4 Dip right shoulder and slowly pivot $\frac{1}{4}$ turn to the left on ball of right foot, roll right shoulder upward until you are back in the upright position (end with arms at sides, fist clinched)
- 5-6 Hold and turn head to the right while looking to the right; hold and turn head back to face forward
- 7&8 Step slightly to the right on right foot and keeping right leg straight and right arm down at side, bend left knee inward toward right leg bring left arm up to chest level bending elbow outward to the left; straighten left leg while pushing left arm down to side, bend right knee inward toward left leg bringing right arm up to chest level bending elbow outward to the right straighten right leg while push right arm down to side, bend left knee inward toward right leg bringing left arm up to chest level bending elbow outward to the left

ROLLING TURN TO THE LEFT, SIDE SHUFFLE LEFT, HEEL-STEP-POINT, HITCH, POINT

- 9-10 Step to the left on left foot and begin a full to the left rolling turn traveling to the left; step on right foot and complete full to the left rolling turn
- 11&12 Shuffle sideways to the left (left, right, left)
- 13&14 Touch right heel forward; step right foot next to left; point (touch) left toe to the left
- 15-16 Hitch left knee inward toward right leg; point (touch) left toe to the left

STEP, STEP, PIVOT, SYNCOPATED SWIVELS, SEMI-MONTEREY TURN, SIDE SHUFFLE LEFT

- &17 Step left foot next to right; step right foot slightly forward of left foot
- 18 Pivot $\frac{1}{4}$ turn to the left on balls of both feet
- 19&20 Swivel heels to the left; swivel heels to the right; swivel heels to the left
- & Swivel heels to the right and shift weight to the left foot
- 21-22 Touch right toe to the right; pivot $\frac{1}{2}$ turn to the right on ball of left foot and step right foot next to left
- 23&24 Shuffle sideways to the left (left, right, left)

SYNCOPATED FORWARD STEPS, ROCK STEP, PIVOT, FORWARD SHUFFLE

- 25 Step forward on right foot
- &26 Slide right foot back slightly; step forward on left foot
- &27 Slide left foot back slightly; step forward on right foot
- &28 Slide right foot back slightly; step forward on left foot
- & Slide left foot back slightly
- 29-30 Step forward on right foot; rock back onto left foot
- & Pivot $\frac{1}{2}$ turn to the right on ball of left foot
- 31&32 Shuffle forward (right, left, right)

REPEAT