

# Howlin' Hips

拍数: 48      墙数: 2      级数:  
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音乐: My Night to Howl - Lorrie Morgan



## KICK BALL CHANGES

1&2      Kick right foot forward, step down on right foot, step left beside right  
3-4      Hold for 2 counts (or tap right foot for two counts)  
5&6      Kick left foot forward, step down on left foot, step right beside left  
7-8      Hold for two counts (or tap left foot for two counts)

## SAILOR SHUFFLES

9&10      Right foot back, step on left, step right  
11&12      Left foot back, step on right, step left

## HEELS OUT

13      Right heel out (like tush push)  
14      Left heel out  
15&16      Right heel out and clap

## HIP ROLL

17-20      Roll hips to left  $\frac{1}{4}$  turn (two hip rolls)  
21      Cross right foot over left  
23-24      Turn  $\frac{3}{4}$  to your left to face starting wall

## SHUFFLE FORWARD (LIKE TUSH PUSH)

25&26      Shuffle forward right, left, right  
27      Rock forward on left  
28      Rock back onto right  
29&30      Turning  $\frac{1}{2}$  turn to your left, shuffle step left, right, left  
31      Walking forward step right  
32      Walking forward step left

## HIP BUMPS

33&34      Step forward right with two hip bumps to your right  
35&36      Step forward left with two hips bumps to your left  
37&38      Step forward right with two hip bumps to your right  
39&40      Step forward left with two hips bumps to your left

## SHUFFLE STEPS TO THE SIDE

41&42      Right foot shuffle to right side right, left, right  
43-44      Left heel out, hold for two counts  
45&46      Left shuffle to left side left, right, left  
47-48      Right heel out, hold for two counts

## REPEAT