

# Hip Shake

拍数: 48      墙数: 4      级数: Improver  
编舞者: Nancy Morgan (USA)  
音乐: Shake Your Hips - Marty Stuart



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## RIGHT HEEL FORWARD, TOGETHER REPEAT WITH LEFT, RIGHT, LEFT

- 1-4 Put right heel forward, put right foot next to left, put left heel forward, stomp left foot next to right
- 5-8 Put right heel forward, stomp right foot next to left, put left heel forward, stomp left foot next to right

## RIGHT TOE FANS, HEEL, CROSS, HEEL, STOMP, LEFT TOE FANS, HEEL, CROSS, HEEL, STOMP

- 1-4 Fan right toe out, fan right toe back to left foot, fan right toe out, fan right toe back to left foot
- 5-8 Put right heel forward, cross right foot over left, put right heel forward, stomp right next to left
- 1-4 Fan left toe out, fan left toe back to right foot, fan left toe out, fan left toe back to right foot
- 5-8 Put left heel forward, cross left foot over right, put left heel forward, stomp left next to right shoulder width apart

## RIGHT LIFT, SLAP, STOMP, LEFT LIFT, SLAP, STOMP

- 1-2 Lift right foot behind left and touch right toe with left hand, stomp right foot down shoulder length from left
- 3-4 Lift left foot behind right and touch left toe with right hand, stomp left foot down next to right
- 5-8 Move both heels to left, move both heels to right, move both heels to left, jump straight up and down for the stomp or stomp with right foot

## VINE RIGHT WITH STOMP, JAZZ BOX WITH ¼ TURN TO RIGHT WITH STOMP

- 1-4 Step right foot forward, step left behind right, step right to right side, stomp left next to right
- 5-8 Cross right over left, step back on your left as you turn ¼ turn to your right, step right to right side, stomp left next to right

## DO THE TWIST, THEN STEP SLIDE STEP AND STOMP

- 1-4 Twist hips to left, right, left, right
- 5-8 Step left foot forward, slide right foot to left, step left foot forward, stomp right foot next to left keeping weight on left

REPEAT

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