

# Hip To Be Square

拍数: 44      墙数: 2      级数: Improver social cha  
编舞者: Unknown  
音乐: I'm Not Running Anymore - John Mellencamp



## ROCK STEP, SHUFFLE BACK, ROCK STEP, SHUFFLE FORWARD

1-2            (Weight starts on left foot) rock right forward, recover left  
3&4           Right shuffle back (right-left-right)  
5-6           Rock left back, recover right  
7&8           Left shuffle forward (left-right-left)

## SHUFFLE SQUARE

1&2           Right side shuffle (right-left-right)  
3&4           ¼ turn left on ball of right foot to face 9:00, then side shuffle (left-right-left)  
5&6           ¼ turn left on ball of left foot to face 6:00, then side shuffle (right-left-right)  
7&8           ¼ turn left on ball of right foot to face 3:00, then side shuffle (left-right-left)

## CROSS ROCK, SHUFFLE ½ TURN, ROCK STEP, SHUFFLE ½ TURN

1-2           Cross rock right foot ¼ turn left over left foot so you face starting wall (12:00), recover left  
3&4           Shuffle ½ turn right (right-left-right) (now facing 6:00)  
5-6           Left rock forward, recover right  
7&8           Shuffle ½ turn left (left-right-left) now back to starting wall (12:00)

## ½ PIVOT, RUN FORWARD, JUMP FORWARD, CLAP, JUMP BACK, CLAP

1-2           Right step forward, pivot ½ turn left (weight now on left and facing 6:00)  
3&4           Run forward, small steps (right-left-right)  
&5-6          Jump forward on left foot, touch right foot next to left foot, clap  
&7-8          Jump back on right foot, step left foot next to right foot, clap

## HANDS ON HIPS, HIP BUMPS

1-2           Slap right hand on right hip, slap left hand on left hip  
3-4           Bump hips twice to the left, weight is should now be on left foot and take hands off of hips

## MONTEREY TURNS

1-2           Point right toe to right side, ½ turn to the right on ball of left foot as you bring right foot in and step right foot next to left foot  
3-4           Point left toe to left side, step left foot beside right foot  
5-6           Point right toe to right side, ½ turn to the right on ball of left foot as you bring right foot in and step right foot next to left foot  
7-8           Point left toe to left side, step left foot beside right foot

## REPEAT

---