

# Hipnotized

**COPPER** KNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Seth Lilly  
音乐: Hips Don't Lie - Shakira



## TOUCH CROSS X4

1-2      Touch right toe out to right side, cross right over left  
3-4      Touch left toe out to left side, cross left over right  
5-6      Touch right toe out to right side, cross right over left  
7-8      Touch left toe out to left side, cross left over right

## RIGHT ¼ TURN JAZZ BOX, RIGHT STEP LOCK, ¼ TURN RIGHT, LEFT STEP

1-2      Cross right foot over left, step back on left  
3-4      Make ¼ turn right stepping on right, step left next to right  
5-6      Step right foot forward, step left behind right  
7-8      Make ¼ turn right stepping on right, step left next to right

## ½ TURN HITCH, COASTER STEP, RIGHT STEP LOCK, STEP, TOUCH

1-2      Make ½ turn stepping on right, hitch left knee  
3&4      Step back on left, step back on right, step forward on left  
5-6      Step right foot forward, step left behind right  
7-8      Step right forward slightly, touch left toe diagonally

## HIP ROLLS, ¾ TURN, COASTER STEP

1&2      Roll hips to the left while shifting weight to left  
3&4      Roll hips to the right while shifting weight to right  
5-6      Step on left foot, turn ¾ left stepping on right  
7&8      Step back on left, step back on right, step forward on left

## CROSS, ½ TURN, SHUFFLE, SHOULDER SWING, FULL TURN

1-2      Cross right foot over left, turn ¼ turn to right stepping back on left  
3&4      Turn ¼ right stepping on right, step left next to right, step right to right side  
5-6      Swing shoulders right, swing shoulders left  
7-8      Touch right foot behind left and unwind full turn to the right with weight ending on left foot

## MAMBOS

1&2      Mambo right foot forward  
3&4      Mambo left foot backward  
5&6      Mambo right foot forward  
7&8      Mambo left foot backward

## WALK, SWING HIPS, WALK, ¼ TURN ¼ TURN

1-2      Step right forward, touch left diagonally  
3&4      Swing hips left, right, left  
5-6      Step right forward, step left forward  
7-8      ¼ turn stepping on right, ¼ turn stepping on left

## HITCH STEPS FORWARD, STEP HITCH BACKWARD

1&2      Hitch right knee, step forward on right, hitch left knee  
&3&4      Step forward on left, hitch right knee, step forward on right, hitch left knee  
5&6      Step back on left, hitch right knee, step back on right

&7&8

Hitch left knee, step back on left, hitch right knee, touch right diagonally behind

**REPEAT**

**RESTART**

On wall 3, dance to count 16 then restart from beginning

On wall 6, dance to count 20 then restart from beginning

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