

# Hippy Hippy Shake

**COPPER** **KNOB**  
STEPSHEETS

拍数: 32                      墙数: 4                      级数: Beginner  
编舞者: Irene Groundwater (CAN)  
音乐: Hippy Hippy Shake - The Georgia Satellites



Choreographed for all the people who love to swing their hips. Start dance with feet shoulder width apart (2nd position)

## LEFT HIP - RAISE - LOWER - RAISE, HOLD, RIGHT HIP - RAISE - LOWER - RAISE, HOLD

1-2-3-4            Raise left hip to left, lower left hip, raise left hip to left, hold  
5-6-7-8            Raise right hip to right, lower right hip, raise right hip to right, hold

### Optional arms

1                    Swing arms left  
2                    Lower arms  
3                    Swing arms left

### And

5                    Swing arms right  
6                    Lower arms  
7                    Swing arms right

## LEFT HIP - RAISE - LOWER, RIGHT HIP - RAISE - LOWER, GRIND HIPS (4 COUNTS)

9-10-11-12        Raise left hip to left, lower left hip, raise right hip to right, lower right hip  
13-14-15-16       Grind hips - making circular movements to the left for 4 counts

### Optional arms

9                    Swing arms left  
11                   Swing arms right  
13                   Raise arms in front of body, waist high, for 4 counts

## RIGHT SKATE FORWARD, LEFT SKATE FORWARD

17-18              Right diagonal forward, step left beside right  
19-20              Right diagonal forward, touch left toe beside right instep  
21-22              Left diagonal forward, step right beside left  
23-24              Left diagonal forward, touch right toe beside left instep

## RIGHT SKATE FORWARD, LEFT SKATE FORWARD

25-26              Right diagonal forward, step left beside right  
27-28              Right diagonal forward, touch left toe beside right instep  
29-30              Left diagonal forward, step right beside left  
31-32              Left diagonal forward, touch right toe beside left instep

## BACK, BACK, BACK, KICK, BACK, BACK, BACK, KICK

33-34              Right back, left back  
35-36              Right back, kick left forward  
37-38              Left back, right back  
39-40              Left back, kick right forward

### Optional arms

36                   Push arms forward waist high for 1 count  
40                   Push arms forward waist high for 1 count

## SIDE, SHIMMY, SHIMMY, TOUCH, ¼ TURN LEFT, SHIMMY, SHIMMY, SIDE

41-42-43-44       Side step right, shimmy for 2 counts, touch left toe beside right instep  
45                   Pivot ¼ turn left on right ball and side step left

46-47-48 Shimmy for 2 counts, side step right

**Option**

44 Clap hands forward waist high

48 Clap hands forward waist high

**REPEAT**

On final dance round for both versions of the song, dance counts 1 to 16 then continue grinding hips until music stops.

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