

Hips

拍数: 32 墙数: 4 级数:
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音乐: To Be with You - The Mavericks



HIP ROCK RIGHT

- 1 Step right foot slightly to right and rock hips to right
- 2 Rock hips back to left
- 3 Rock hips back to right
- 4 Step left foot together with right foot
- 5-6 Repeat steps 1&2
- 7 Cross right foot in front of left foot
- 8 Clap

HIP ROCK LEFT

- 9 Step left foot slightly to left and rock hips to left
- 10 Rock hips back to right
- 11 Rock hips back to left
- 12 Step right foot together with left foot
- 13-14 Repeat steps 9&10
- 15 Cross left foot in front of right foot
- 16 Clap

ROCK TURN, SHUFFLES, & HIP TURN

- 17 Rock forward on right foot
- 18 Rock weight back on left foot & turn ½ turn to right
- 19&20 Shuffle forward for right, left, right
- 21&22 Shuffle forward for left, right, left
- 23 Step forward on right shifting hips to right
- 24 Turn ¼ turn to left shifting weight and hips to left

HIP WALK & TWO HIP TURNS

- 25 Step forward on right foot and shift hips to right
- 26 Step forward on left foot and shift hips to left
- 27-28 Repeat 25&26
- 29 Step forward on right foot and shift hips to right
- 30 Turn ¼ turn and shift weight and hips to left
- 31-32 Repeat steps 29&30

REPEAT
