

# Hips

拍数: 32      墙数: 4      级数: Intermediate mambo  
编舞者: Zac Detweiller (USA)  
音乐: Hips Don't Lie - Shakira



## MAMBO STEP, COASTER STEP, HIP ROLLS WITH TURN $\frac{3}{4}$

1&2      Rock right forward, recover onto left, step right in place  
3&4      Step left back, step right together, step left forward  
&5&6&7&8      TURN  $\frac{3}{4}$  left and step on each count moving hips in a circle to the left (stepping on every count)

## MAMBO STEP, COASTER STEP, TOUGH, OUT, OUT, IN, IN, ROCK RECOVER, TOUCH

1&2      Rock right forward, recover onto left, step right in place  
3&4&      Step left back, step right together, step left forward, touch right together  
5&      Step right to side, step left to side  
6&      Step right home, step left together  
7&8      Rock right forward, recover to left, touch right together

## KICK SIDE ROCK STEP (TWICE), KICK AND TOUCH, FORWARD SHUFFLE

1&2&      Kick right forward, rock right to side, recover to left, step right in place  
3&4&      Kick left forward, rock left to side, recover to right, step left in place  
5&6      Kick right forward, step right in place, touch left toe together  
7&8      Step left forward, step right together, step left forward

## ROCK RECOVER TURN $\frac{1}{2}$ RIGHT, TURN $\frac{1}{2}$ / TURN $\frac{1}{2}$ , STEP TOUCH, BACK TOUCH, ROCK RECOVER STEP

1&2      Rock right forward, recover onto left, turn  $\frac{1}{2}$  right and step right forward  
3-4      Turn  $\frac{1}{2}$  right and step left back, turn  $\frac{1}{2}$  right and step right forward  
5&      Step left forward, touch right together  
6&      Step right back, touch left together  
7&8      Rock left back, recover onto right, step left together

## REPEAT

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