

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
