

Hips Don't Lie

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Hips Don't Lie - Shakira



HALF RUMBA LEFT, HALF RUMBA RIGHT, LEFT MAMBO FORWARD, RIGHT COASTER ¼ TURN

1&2 Step left to left side, step right next to left, step forward left
3&4 Step right to right side, step left next to right, step forward on right
5&6 Rock forward on left, recover right, step back on left
7&8 ¼ turn right sweeping right foot round to step back on right, step left beside right, step forward on right

FULL TURN 3 LITTLE RUNS LEFT-RIGHT-LEFT, JAZZ BOX, STEPS WITH HIPS TWICE, COASTER STEP

1&2 Small full turn run around to your left stepping left, right, left
3&4 Cross right over left, step back on left, step right to right side
5-6 Step forward on left pushing left hip out, step forward on right pushing right hip out
7&8 Step back on left, step right beside left, step forward on to left

FULL TURN RIGHT, HIPS X3, BACK SHUFFLE RIGHT-LEFT-RIGHT

1-2-3 Turn ¼ right stepping right forward, turn ½ right stepping back on the left, turn ¼ right stepping right to right side, (nice and slow)
4-5-6 Sway hips left, right, left leaving weight on left
7&8 Shuffle back on the right (right, left, right)

SAILOR ½ TURN LEFT, ¼ TURN CHASSE, ¾ TURN RIGHT, HIP BUMPS LEFT-RIGHT-LEFT

1&2 Left sailor step completing a ½ turn over left
Can sweep left foot round as you make ½ turn to look more effective
3&4 Making a ¼ turn left as you chasse to the right stepping right, left, right
5-6 Cross left over right, make ¾ turn over right shoulder - end weight on right
7&8 Bump hips left, right, left

REPEAT
