

Hips Don't Lie

COPPER KNOB
BY STEPHEN METZ

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



SHUFFLE ½, SHUFFLE ½, FORWARD ROCK/REPLACE, BACK, LOCK SHUFFLE BACK

1&2-3&4 (Weight on left)-turn ½ left & shuffle back right, left, right, turn ½ left & shuffle forward left, right, left
5&6-7&8 Rock/step forward right, replace weight to left, step back right, step back left, lock right in front of left, step back left

SHUFFLE BACK, LEFT COASTER, SHUFFLE FORWARD, ROCK/LUNGE BACK, STEP TOGETHER

1&2-3&4 Shuffle back right, left, right, step back left, step right beside left, step forward left
5&6-7-8 Shuffle forward right, left, right, rock/lunge back left & turn body ¼ left, turn body ¼ right & step left beside right (weight to left) (on the rock back left, place left hand on left hip & look back)

SHUFFLE BACK, ROCK/LUNGE BACK, STEP TOGETHER, CROSS SHUFFLE, STEP CROSS, SAMBA

1&2-3-4 Shuffle back right, left, right, rock/lunge back left & turn body ¼ left, turn body ¼ right & step left beside right (weight to left) (on the rock back left, place left hand on left hip & look back)
5&6&7&8 Cross/step right over left, step left to left, cross/step right over left, step left to left, cross/step right over left, rock/step left to left, replace weight to right

CROSS, ¼, ¼, CROSS, ¼, ¼, PIVOT ½, PIVOT ½, ¼, STEP TOUCH

1&2-3&4 Cross/step left over right, turn ¼ left & step back right, turn ¼ left & step left to left side, cross/step right over left, turn ¼ right & step back left, turn ¼ right & step right to right side
5&6&7-8 Step forward left, pivot ½ turn right, step forward left, pivot ½ turn right, turn ¼ right & step left to left, touch right beside left

REPEAT
