

Hips Don't Lie

拍数: 0 墙数: 0 级数:
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音乐: Hips Don't Lie - Shakira



Sequence: ABC, AB, B(16 counts), restart B, AA, B(16 counts), restart B, Tag, CB, A(12 counts), ending

SECTION A:

WALK, WALK, LOCKSTEP, ROCK FORWARD, TRIPLE ½ TURN

- 1-2 Step forward on right, step forward on left
- 3&4 Step forward on right, close left behind right, step forward on right
- 5-6 Rock forward on left, recover weight on to right
- 7&8 ¼ turn left by stepping left to left, close right beside left, ¼ turn left stepping left forward

CROSS, STEP BACK, COASTER STEP, LOCK STEP, ½ STEP TURN

- 1-2 Cross right over left, step back left
- 3&4 Step back on right, close left beside right, step forward on right
- 5&6 Step forward on left, close right behind left, step forward on left
- 7-8 Step forward on right, ½ turn left

SECTION B:

SIDE ROCK, CROSS SHUFFLE, SIDE ROCK, ¼ SAILOR TURN

- 1-2 Rock right to right side, recover weight on to left
- 3&4 Cross right over left, step left behind right, cross right over left
- 5-6 Rock left to left side, recover weight on to right
- 7&8 ¼ turn left stepping left behind right, step right beside left, step forward left

LOCK STEP, ROCK FORWARD, TRIPLE ½ TURN, FULL TURN

- 1&2 Step forward on right, close left behind right, step forward right
- 3-4 Rock forward left, recover weight on to right
- 5&6 ¼ turn left by stepping left to left, close right beside left, ¼ turn left stepping left forward
- 7-8 ½ turn left stepping back right, ½ turn left stepping forward left

MAMBO FORWARD, LOCK STEP BACK, COASTER STEP, HITCH ¼ TURN, SIDE STEP

- 1&2 Step forward right, recover weight on to left, step right beside left
- 3&4 Step back left, close right in front of left, step back left
- 5&6 Step back on right, close left beside right, step forward on right
- 7-8 ¼ turn right hitching left knee, step left to left

¼ SAILOR TURN, FULL TURN, ROCK FORWARD, TRIPLE FULL TURN

- 1&2 ¼ turn right stepping right behind left, step left beside right, step forward right
- 3-4 ½ turn right stepping back left, ½ turn right stepping forward right
- 5-6 Rock forward left, recover weight on to right
- 7&8 ½ turn left stepping forward left, close right beside left, ½ turn left stepping forward left

SECTION C:

SIDE ROCK, CROSS SHUFFLE, SIDE, TOGETHER, CHASSE

- 1-2 Rock right to right side, recover weight on to left
- 3&4 Cross right over left, step left behind right, cross right over left
- 5-6 Step left to left side, step right beside left
- 7&8 Step left to left side, step right beside left, step left to left side

CROSS ROCK, ¼ SHUFFLE TURN, CROSS, SCISSOR STEP, SCISSOR STEP

- 1-2 Cross rock right over left, recover weight on to left
- 3&4 ¼ turn right stepping forward right, step left beside right, step forward right
- 5&6& Cross left over right, step back right, step left beside right, cross right over left
- 7&8 Step back left, step right beside left, cross left over right

SIDE ROCK ¼ TURN, LOCK STEP, SKATE, SKATE, LOCK STEP

- 1-2 Rock right to right side, ¼ turn left recovering weight on left
- 3&4 Step forward right, close left behind right, step forward right
- 5-6 Slide diagonal forward left, slide diagonal forward right
- 7&8 Step forward left, close right behind left, step forward left

HIP BUMPS, HIP BUMPS, PADDLE FULL TURN

- 1&2 Step slightly forward right bumping right hip forward, bump hip back, bump hip forward (weight on right)
- 3&4 Step slightly forward left bumping left hip forward, bump hip back, bump hip forward (weight on left)
- &5&6 ¼ turn left, step right to right side, ¼ turn left, step right to right side
- &7&8 ¼ turn left, step right to right side, ¼ turn left, touch right to right

TAG:

2 HIP BUMPS

- 1&2 Step slightly forward right bumping right hip forward, bump hip back, bump hip forward (weight on right)
- 3&4 Step slightly forward left bumping left hip forward, bump hip back, bump hip forward (weight on left)

ENDING:

Dance Section A 12 counts, coaster step. Then, ¼ turn right stepping left to left side, crossing arms over chest (facing front wall)
