

Moving Hips

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Frank Trace (USA) - August 2014
音乐: "Moviendo Caderas" by Yandel & Daddy Yankee



Begin after 64 counts on the strong beat.

Alt. music: "Fireball" by Pitbull

RIGHT SIDE MAMBO, LEFT SIDE MAMBO, FORWARD MAMBO, BACK MAMBO

1&2 Rock R to right side, recover onto L, step R next to L
3&4 Rock L to left side, recover onto R, step L next to R
5&6 Rock R forward, recover onto L, step R next to L
7&8 Rock L back, recover onto R, step L next to R

WALK, WALK, SHUFFLE FORWARD, ROCK, RECOVER, SHUFFLE BACK

1-2 Walk forward R, L
3&4 Shuffle forward stepping R-L-R
5-6 Rock forward on L, recover onto R
7&8 Shuffle back stepping L-R-L

STEP BACK, HEEL, STEP BACK, HEEL, STEP, STEP, SYNCOPADED HIP SWEVELS

1-2 Step back on R, touch L heel diagonally forward left
3-4 Step back on L, touch R heel diagonally forward right
5-6 Step R slightly back, step L next to R
7&8 Syncopated hips swivels counter clockwise twice (weight ends on left)

¼ TURN HIPS ROLLS (X3), CROSS STEP, STEP BACK

1-2 Step R forward, pivot (hip roll counter clockwise) ¼ turn (9:00)
3-4 Step R forward, pivot (hip roll counter clockwise) ¼ turn (6:00)
5-6 Step R forward, pivot (hip roll counter clockwise) ¼ turn (3:00)
7-8 Step R over L, step L back

REPEAT

ENDING: At the end of the song the beat stops, but Yandel still sings.
Finish out the last 8 counts of the dance (Hip Rolls) to finish at the front wall.

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