

Moving Hips

拍數: 64 牆數: 2 級數: Advanced
編舞者: Hiroko Carlsson (AUS) - September 2017
音樂: Moviendo Caderas (feat. Daddy Yankee) - Yandel : (iTunes)



Intro: Count 4/ Start on Vocals

[S1] 2x Twinkle, Fwd-Together, Back, 1/2R Fwd, Fwd-Together, Back-Together

1&2 Cross L over R, Step R to right side, Step L together
&3& Cross R over L, Step L to left side, Step R together
4& Step forward on L, Step R together
5 6 Step back on L, Turning 1/2R Step forward on R
7&8& Step forward on L, Step R together, Step back on L, Step R together (6:00)

[S2] 1/4L Cross Samba, Fwd, Fwd, 1/2R Cross Samba, Shuffle Fwd

1&2 Cross L over R make a 1/4 turn left, Step R to right side, Recover weight on L (3:00)
3 4 Step forward on R, Step forward on L
5&6 Cross R over L make a 1/2 turn right, Step L to left side, Recover weight on R
7&8 Shuffle forward L-R-L (9:00)

[S3] Syncopated Rocking Chair, Fwd Rock-Recover, Back-Together, Anchor Step , 1/2L Fwd, 1/4L Side

1&2& Step forward on R, Recover weight on L, Step back on R, Recover weight on L
3&4& Step forward on R, Recover weight on L, Step back on R, Step L together
5&6 Step right slightly behind left, step left in place, step right in place
7 8 Turning 1/2L step forward on L, Turning 1/4L step R to right side (12:00)

[S4] Sailor Step, 1/4R Sailor Step, Step-1/2R Pivot, 1/2R Back, 1/2R Fwd

1 2 Cross L behind R, Step R next to L, Step L on left side
3&4 Turning 1/4R cross R behind L, Step L to left side, Step R on right side
5 6 Step forward on L, Turning 1/2R weight recover on R
7 8 Turning 1/2R stepping back on L, Turning 1/2R stepping forward on R (prep for 1/4R turn)
(9:00)

[S5] 1/4R Cross, Side, Cross, Side, Cross Shuffle, Side Rock-Recover

1 2 Turning further 1/4R cross step L over R, Step R to right side (travelling across the floor)
3 4 Cross step L over R, Step R to right side (travelling across the floor)
5&6 Cross step L over R, Step R close to L, Cross step L over R
7 8 Rock/step R to right side, Recover weight on L (prep for 1/4L turn) (12:00)

[S6] 1/4L Cross, Side, Cross, Side, Jazz Box 1/4R Fwd

1 2 Turning 1/4L cross step R over L, Step L to left side (travelling across the floor) (9:00)
3 4 Cross step R over L, Step L to left side (travelling across the floor)
5 6 7 8 Cross R over L, Step back on L, Turning 1/4R step R to right side, Step forward on L**
(12:00)

[S7] Hip-Hip-Hip (Turning1/2L), Hip-Hip-Hip, Step-1/2L Pivot, Chase Turn Fwd

1&2 Step forward on R and hip bump forward, Make a 1/4 turn left and hip bump to left side, Hip bump to right (weight ending on right) (9:00)
3&4 Turning 1/4L hip bump forward on L , Hip bump back on R, Recover weight on L (6:00)
5 6 Step forward on R, Turning 1/2L weight recover on L
7&8 Step forward on R, Turning 1/2L weight recover on L, Step forward on R (6:00)

[S8] Hip-Hip-Hip (Turning1/2R), Hip-Hip-Hip, Kick, Tog, Heel, Tog, Touch Back, Unwind w/Hitch

1&2 Step forward on L and hip bump forward, Make a 1/4 turn right and hip bump to right side,
Hip bump to left (weight ending on left) (9:00)
3&4 Turning 1/4R hip bump forward on R, Hip bump back on L, Recover weight on R
(12:00)
5&6& Kick L fwd, Step L next to R, R heel forward, Step R next to L
7 8 Touch L toe back, Unwind 1/2L weight on R and hitch left foot (6:00)

Restart: on Wall 5 count 48 with step change**

**Section 6 - 5 6 7 8 Cross R over L, Step back on L, Turning 1/4R step R to right side, Touch L toe next to R
(12:00)**

(updated: 18/9/17)

Please contact me if you have any inquiry. (hirokoclinedancing@gmail.com)
