

# Hips and Heels

拍數: 48                      牆數: 4                      級數: Intermediate  
編舞者: Jessica Devlin (IRE) - May 2020  
音樂: Nails, Hair, Hips, Heels - Todrick Hall : (Clean Version)



Notes: Tag after walls 1 & 4 – Restart after wall 3 (after 16 counts)

Intro – 16 counts

## [1-8] Walk x2, Out – Out, In, Touch, Step Hitch, Weave ¼ turn

1, 2                      Walk Forward RF [1], Walk Forward LF [2]  
&3&4                      Step RF to R side [&], Step LF to L side [3], Step RF in place [&], Touch LF next to RF (angling body to 1:30) [4]  
5, 6                      Step LF Forward (to 1:30) [5], Hitch R Knee [6]  
7&8                      Step RF behind LF [7], Making ¼ turn (over L Shoulder) Step LF Forward [&], Step RF Forward [8]

## [9-16] Walk x3, Triple Step, Rock, Recover, Back Touch

1, 2, 3                      Walk Forward LF [1], Walk Forward RF [2], Walk Forward LF [3]  
4&5                      Step RF Forward [4], Close LF next to RF [&], Step RF Forward [5]  
6, 7&8                      Rock Forward on LF [6], Recover Weight onto RF [7], Step LF back [&], Touch RF next to LF [8]

**\*RESTART HERE ON WALL 3\***

## [17- 24] Back Touch x2, Ball Cross, Hold, Weave

1, 2                      Step RF back [1], Touch LF next to RF [2]  
3, 4                      Step LF back [3], Touch RF next to LF [4]  
&5, 6                      Step RF to R side [&], Cross LF over R [5], Hold [6]  
&7&8                      Step RF to R side [&], Step LF behind RF [7], Step RF to R side [&], Cross LF over RF [8]

## [25-32] Step Touch, Triple ¼ turn, step ½ turn, walk x2

1, 2                      Step RF to R side [1], Touch LF behind RF (click R hand to R side) [2]  
3 & 4                      Making ¼ turn (over L Shoulder) Step LF Forward [3], Close RF next to LF [&], Step LF Forward [4]  
5, 6                      Making ½ turn (over L Shoulder) Step RF Forward [5], transferring weight onto LF [6]  
7, 8                      Walk Forward RF [7], Walk Forward LF [8]

## [33-40] Heel Grinds x2, side triple, Cross rock and step, kick, jump out – in

1, 2                      Step RF to R side - push onto L heel (fanning toes L to R ) [1] , Step LF to L side – push onto R heel(fanning toes R to L) [2]  
3&4                      Step RF to R side [3], Close LF next to RF [&], Step RF to LF [4]  
5&6                      Cross Rock LF over RF [5], Recover weight onto RF [&], Step LF to L side [6]  
7&8                      Kick RF Forward [7], Jump both feet apart [&], Jump both feet together [8]

## [41-48] Heel Touches x2, Side Rock Hitch, Run x2 Hitch, Step Kick, Step ¼ Kick

1&2&                      Touch R heel Forward [1], Close RF next to LF [&], Touch L heel Forward [2], Close LF next to RF [&]  
3&a4                      Rock RF to R side(Hitching L knee) [3], Recover weight to LF [&], Close RF next to LF [a], Step RF to L side, drop onto LF Hitching R knee [4]  
5, 6                      Step RF to R side [5], Kick LF to L diagonal (Clicking R arm above head) [6]  
7, 8                      Step LF to L side (making ¼ turn over R shoulder) [7], Kick RF Forward (Clicking L arm above head) [8]

**TAG (8 Counts) \* AFTER WALLS 1 & 4 \***

**[1-8] Out, Out, Body Dip, Touch, knee pop, Coaster Step**

- 1, 2 Step RF to R side [1], Step LF to L Side [2]
- 3, 4 Dip Body from R – L (making a semi circle with body) changing weight to LF [3, 4]
- 5, 6 Touch RF next to LF [5], Change weight to RF (popping L Knee) [6]
- 7&8 Step RF back [7], Close LF next to RF [&], Step RF Forward [8]

**End of dance - Enjoy**

**Love Jessica & Layla**

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