

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
