

Twist Your Hips

拍數: 32 牆數: 2 級數: Low Intermediate
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音樂: Shackles - Steven Rodriguez



Walk, Walk, Ancre Step Sweep, Back, Press, Back Kick Flick

1-2 Step R forward (1), Step L forward (2), 12'00
3&4 Step R behind L (3), Step L on place (&), Step R back and Sweep L around (4)
5-6 Step L back (5), Press R forward (6),
7&8 Step R back (7), Kick L to L diagonal (&), Step L next to R and flick R to R diagonal back (8)
Restart here on the 2nd wall facing 6' and 5th wall facing 6'

Cross, Side, Sailor 1/4R, Step Touch, Step Touch, Step together Step

1-2 Cross R over L (1), Step L to L side (2),
3&4 Cross R behind L (3), 1/4R Step L next to R (&), Step R forward (4) 3'00
5&6& Step L to L diagonal (5), Touch R next to L (&), Step R to R diagonal (6), Touch L next to R (&)
7&8 Step L to L diagonal (7), Step R next to L (&), Step L to L diagonal (8)

Styling: You can face the opposite diagonal with your body while travelling forward

Step, Twist Heels, 1/2L Rolling hips, Step 1/4R Side, Ball cross

1-2& Step R forward (1), Twist both heels to R (2), Twist both heels back (&) weight is on your L
3-4 Bend both knees and pivot 1/2L (3), straighten up both knees, keep weight on L (4) 9:00'

Styling: Push your hips backward while turning 1/2L as the lyrics say « She twists her hips »

5-6 Step R forward (5), 1/4 R big Step L to L side (6) 12'00
7&8 Drag R next to L (7), Step R next to L (&), Cross L over R (8)

Back Back Cross, Back Back Cross, Bounce heels 1/2R, Back Rock

1&2 Step R back (1), Step L back to L diagonal (&), Cross R over L (2) body facing L diagonal
10'30
3&4 Step L back (3), Step R back to R diagonal (&), Cross L over R (4) body facing R diagonal
1'30
5-6 Bounce heels twice as you unwind 1/2R (5-6) weight on L 6'00
7-8 Rock R back (7), Recover (8)

Enjoy and have fun !