

# Twist Your Hips

拍數: 32      牆數: 2      級數: Low Intermediate  
編舞者: Jean-Pierre Madge (CH) & Junghye Yoon (KOR) - November 2023  
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 !**