

My Hips Don't Lie

COPPERKNOB
STEPSHEETS

拍數: 56 牆數: 4 級數: Intermediate
編舞者: Petra Bohlin (SWE)
音樂: Hips Don't Lie - Shakira



STEP, FORWARD SHUFFLE, $\frac{3}{4}$ TURN, CHASSE LEFT

1-2 Step right forward, step left forward
3&4 Step right forward, step left next to right, step right forward
5-6 Step left forward, make $\frac{3}{4}$ turn to right
7&8 Step left to left side, step right next to left, step left to left side

ROCK BACK, $\frac{1}{2}$ TURN, 2X TOE STRUTS

1-2 Rock back on right, recover onto left in place
3-4 Step right forward, make $\frac{1}{2}$ turn to left
5-6 Step right toe forward, drop right heel taking weight
7-8 Step left toe forward, drop left heel taking weight

Optional: raise arms on 5&7, click fingers on 6&8

RIGHT ROCK, CROSS SHUFFLE, $\frac{1}{2}$ TURN RIGHT, CROSS SHUFFLE

1-2 Rock right to right side, rock onto left in place
3&4 Cross right over left, step left to left side, cross right over left
5 Make $\frac{1}{4}$ turn right stepping back onto left
6 Make $\frac{1}{4}$ turn right stepping right out to right side
7&8 Cross left over right, step right to right side, cross left over right

POINT-CROSS TWICE, $\frac{1}{2}$ MONTEREY TURN RIGHT

1-2 Point right toe to right side, cross step right over left
3-4 Point left toe to left side, cross step left over right
5-6 Point right toe to right side, on ball of left $\frac{1}{2}$ turn right stepping right beside left
7-8 Touch left to left side, step left beside right

HIP BUMPS, CHASSE RIGHT, CROSS ROCK

1&2 Step right diagonally forward right, bumping hips forward, back, forward
3&4 Step left diagonally forward left, bumping hips forward, back, forward
5&6 Step right to right side, step left beside right, step right to right side
7-8 Cross rock left foot over right, recover onto right in place

2X $\frac{1}{2}$ TURN LEFT, CHASSE LEFT, STEP OUT, HEEL TAPS TWICE

1-2 Make 2x $\frac{1}{2}$ turn left, stepping left, right
3&4 Step left to left side, step right beside left, step left to left side
5-6 Step right out to right side, step left to left side
7-8 Tap both heels on the floor 2 times

ROCK FORWARD, FULL TURN MOVING BACK, $\frac{1}{2}$ TURN INTO SHUFFLE, KICK BALL CHANGE

1-2 Rock forward on left, recover onto right in place
3 Make $\frac{1}{2}$ turn left, stepping forward on left
4 Make $\frac{1}{2}$ turn left, stepping back on right
5 Make $\frac{1}{2}$ turn left, stepping forward on left
&6 Close right beside left, step forward on left
7&8 Kick right forward, step right beside left, step left in place

REPEAT

TAG

Danced once after section 4 during 5th wall, then continue the dance to finish facing front

½ MONTEREY TURN RIGHT

1-2 Point right toe to right side, on ball of left make ½ turn right stepping right beside left

3-4 Touch left to left side, step left beside right
