

# 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

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