Pip To Hip (P)



拍數: 32 編數: partner dance

編舞者: Pip & Carolann

音樂: I Just Want My Baby Back - Jerry Kilgore



Position: Start facing each other, holding both hands. Steps printed are Man's steps, Lady's steps are on opposite feet and mirror image, except where stated

CROSS ROCK TWICE, HOLD ARMS OUT TO SIDE

1-4 MAN: Cross rock forward left over right, (angle body diagonally 45 degrees right, hip to hip),

recover back onto right, step left beside right & hold

LADY: Start weight on left, step right behind left (angle body 45 degrees right hip to hip),

recover forward onto right step left besides right and hold

5-8 Repeat on opposite foot

BACK MAMBO STEPS TWICE

9-12 Step back on left, recover onto right, step left beside right and hold 13-16 Step back right recover onto left, step right beside left and hold

TURNS TO CHANGE PLACES

Drop man's right lady's left hand, raise man's left lady's right

17-20 MAN: Walk round behind lady to the left ¼ turn to face LOD, left-right-left hold

LADY: Turning under arch 1/4 turn right on right-left-right and hold, now facing LOD

21-24 MAN: Walk forward right-left-right and hold

LADY: Walk forward left-right-left and hold, or full turn right

Man now on outside of dance floor, lady on inside of dance floor

MAMBO FORWARD

25-28 Step left forward, recover weight onto right, step left together and hold

SIDE STEP 1/4 TURN

29-32 Step right to right, recover weight onto left while turning ¼ turn to left, step right beside left

and hold

REPEAT