

Howlin' Hips

拍數: 48 牆數: 2 級數:
編舞者: Nancy Thompson Verbryck (USA)
音樂: My Night to Howl - Lorrie Morgan



KICK BALL CHANGES

1&2 Kick right foot forward, step down on right foot, step left beside right
3-4 Hold for 2 counts (or tap right foot for two counts)
5&6 Kick left foot forward, step down on left foot, step right beside left
7-8 Hold for two counts (or tap left foot for two counts)

SAILOR SHUFFLES

9&10 Right foot back, step on left, step right
11&12 Left foot back, step on right, step left

HEELS OUT

13 Right heel out (like tush push)
14 Left heel out
15&16 Right heel out and clap

HIP ROLL

17-20 Roll hips to left $\frac{1}{4}$ turn (two hip rolls)
21 Cross right foot over left
23-24 Turn $\frac{3}{4}$ to your left to face starting wall

SHUFFLE FORWARD (LIKE TUSH PUSH)

25&26 Shuffle forward right, left, right
27 Rock forward on left
28 Rock back onto right
29&30 Turning $\frac{1}{2}$ turn to your left, shuffle step left, right, left
31 Walking forward step right
32 Walking forward step left

HIP BUMPS

33&34 Step forward right with two hip bumps to your right
35&36 Step forward left with two hips bumps to your left
37&38 Step forward right with two hip bumps to your right
39&40 Step forward left with two hips bumps to your left

SHUFFLE STEPS TO THE SIDE

41&42 Right foot shuffle to right side right, left, right
43-44 Left heel out, hold for two counts
45&46 Left shuffle to left side left, right, left
47-48 Right heel out, hold for two counts

REPEAT