

Hip Dip

拍數: 32 牆數: 4 級數:
編舞者: Nancy Weibel
音樂: Trashy Women - Confederate Railroad



2 SHUFFLES, MILITARY TURN TO RIGHT, STEP LEFT, HOLD AND CLAP

- 1&2 Shuffle forward left, right, left
- 3&4 Shuffle forward right, left, right
- 5 Step forward on left foot
- 6 Keeping both feet in place pivot ½ to the right
- 7 Step wide to the left onto left foot, creating wide stance
- 8 Hold position and clap

DIP HIPS LEFT, RIGHT, CROSS, TURN, STEP RIGHT, STOMP LEFT & CLAP

- 9 Bend left knee and swing left hip downwards
- 10 Straighten left knee and swing left hip up and to the left and clap
- 11 Bend right knee and swing right hip downwards
- 12 Straighten right knee and swing right hip up and to the right and clap
- 13 Step left foot across in front of right leg
- 14 Keeping both feet in place, pivot ½ right (unwind)
- 15 Step to the right onto the right foot
- 16 Stomp left foot next to right and clap

HEELS OUT-IN, BOUNCE ON HEELS TWICE, GRAPEVINE RIGHT

- 17 Keeping toes in place, swing heels outwards
- 18 Return heels to place
- 19-20 Bend knees and bounce heels on the floor twice
- 21 Step right to the right
- 22 Cross left behind right
- 23 Step right to the right
- 24 Stomp left

GRAPEVINE LEFT WITH STAR, TURN ¼ RIGHT, HITCH, SLAP LEFT KNEE

- 25 Step left to the left
- 26 Cross right behind left
- 27 Left step left
- 28 Touch right toe to floor in front
- 29 Touch right toe to right side
- 30 Touch right to behind left heel
- 31 Turning ¼ right, step onto right foot
- 32 Hitch left knee up and slap inside of left knee with right hand.

REPEAT
