

# 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**

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