

Hipnotized

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Seth Lilly
音樂: Hips Don't Lie - Shakira



TOUCH CROSS X4

1-2 Touch right toe out to right side, cross right over left
3-4 Touch left toe out to left side, cross left over right
5-6 Touch right toe out to right side, cross right over left
7-8 Touch left toe out to left side, cross left over right

RIGHT ¼ TURN JAZZ BOX, RIGHT STEP LOCK, ¼ TURN RIGHT, LEFT STEP

1-2 Cross right foot over left, step back on left
3-4 Make ¼ turn right stepping on right, step left next to right
5-6 Step right foot forward, step left behind right
7-8 Make ¼ turn right stepping on right, step left next to right

½ TURN HITCH, COASTER STEP, RIGHT STEP LOCK, STEP, TOUCH

1-2 Make ½ turn stepping on right, hitch left knee
3&4 Step back on left, step back on right, step forward on left
5-6 Step right foot forward, step left behind right
7-8 Step right forward slightly, touch left toe diagonally

HIP ROLLS, ¾ TURN, COASTER STEP

1&2 Roll hips to the left while shifting weight to left
3&4 Roll hips to the right while shifting weight to right
5-6 Step on left foot, turn ¾ left stepping on right
7&8 Step back on left, step back on right, step forward on left

CROSS, ½ TURN, SHUFFLE, SHOULDER SWING, FULL TURN

1-2 Cross right foot over left, turn ¼ turn to right stepping back on left
3&4 Turn ¼ right stepping on right, step left next to right, step right to right side
5-6 Swing shoulders right, swing shoulders left
7-8 Touch right foot behind left and unwind full turn to the right with weight ending on left foot

MAMBOS

1&2 Mambo right foot forward
3&4 Mambo left foot backward
5&6 Mambo right foot forward
7&8 Mambo left foot backward

WALK, SWING HIPS, WALK, ¼ TURN ¼ TURN

1-2 Step right forward, touch left diagonally
3&4 Swing hips left, right, left
5-6 Step right forward, step left forward
7-8 ¼ turn stepping on right, ¼ turn stepping on left

HITCH STEPS FORWARD, STEP HITCH BACKWARD

1&2 Hitch right knee, step forward on right, hitch left knee
&3&4 Step forward on left, hitch right knee, step forward on right, hitch left knee
5&6 Step back on left, hitch right knee, step back on right

&7&8 Hitch left knee, step back on left, hitch right knee, touch right diagonally behind

REPEAT

RESTART

On wall 3, dance to count 16 then restart from beginning

On wall 6, dance to count 20 then restart from beginning
