

Hippy Hippy Shake

COPPER **KNOB**
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Irene Groundwater (CAN)
音樂: Hippy Hippy Shake - The Georgia Satellites



Choreographed for all the people who love to swing their hips. Start dance with feet shoulder width apart (2nd position)

LEFT HIP - RAISE - LOWER - RAISE, HOLD, RIGHT HIP - RAISE - LOWER - RAISE, HOLD

1-2-3-4 Raise left hip to left, lower left hip, raise left hip to left, hold
5-6-7-8 Raise right hip to right, lower right hip, raise right hip to right, hold

Optional arms

1 Swing arms left
2 Lower arms
3 Swing arms left

And

5 Swing arms right
6 Lower arms
7 Swing arms right

LEFT HIP - RAISE - LOWER, RIGHT HIP - RAISE - LOWER, GRIND HIPS (4 COUNTS)

9-10-11-12 Raise left hip to left, lower left hip, raise right hip to right, lower right hip
13-14-15-16 Grind hips - making circular movements to the left for 4 counts

Optional arms

9 Swing arms left
11 Swing arms right
13 Raise arms in front of body, waist high, for 4 counts

RIGHT SKATE FORWARD, LEFT SKATE FORWARD

17-18 Right diagonal forward, step left beside right
19-20 Right diagonal forward, touch left toe beside right instep
21-22 Left diagonal forward, step right beside left
23-24 Left diagonal forward, touch right toe beside left instep

RIGHT SKATE FORWARD, LEFT SKATE FORWARD

25-26 Right diagonal forward, step left beside right
27-28 Right diagonal forward, touch left toe beside right instep
29-30 Left diagonal forward, step right beside left
31-32 Left diagonal forward, touch right toe beside left instep

BACK, BACK, BACK, KICK, BACK, BACK, BACK, KICK

33-34 Right back, left back
35-36 Right back, kick left forward
37-38 Left back, right back
39-40 Left back, kick right forward

Optional arms

36 Push arms forward waist high for 1 count
40 Push arms forward waist high for 1 count

SIDE, SHIMMY, SHIMMY, TOUCH, ¼ TURN LEFT, SHIMMY, SHIMMY, SIDE

41-42-43-44 Side step right, shimmy for 2 counts, touch left toe beside right instep
45 Pivot ¼ turn left on right ball and side step left

46-47-48 Shimmy for 2 counts, side step right

Option

44 Clap hands forward waist high

48 Clap hands forward waist high

REPEAT

On final dance round for both versions of the song, dance counts 1 to 16 then continue grinding hips until music stops.
