

Hippy Hippy Swings

拍數: 56 牆數: 1 級數: Improver merengue
編舞者: Sean Roon (SG)
音樂: La Gorda Linda - Arthur Hanlon



MERINGUE TO RIGHT AND THEN LEFT (WITH HIP MOVEMENTS)

1-4 Step right to right side, close left to right, step right to right, close left to right
5-8 Step left to left side, close right to left, step left to left, close right to left

MERINGUE TO RIGHT AND THEN LEFT (WITH HIP MOVEMENTS)

1-4 Step right to right side, close left to right, step right to right, close left to right
5-8 Step left to left side, close right to left, step left to left, close right to left

ROCK RECOVER WITH LOTS OF HIP MOVEMENTS DONE CONTINUOUSLY (WITH ARMS MOVING AT SIDES)

1-3 Right rock forward, recover left, right rock back
4-6 Left rock back, recover right, left step forward (with hip forward movement)

ROCK RECOVER WITH LOTS OF HIP MOVEMENTS DONE CONTINUOUSLY (WITH ARMS MOVING AT SIDES)

1-3 Right rock forward, recover left, right rock back
4-6 Left rock back, recover right, left step forward (with hip forward movement)

SIDE, BEHIND, ROCK, RECOVER (ALSO WITH LOTS OF HIP MOVEMENTS WITH BOTH ARMS EXTENDED)

1-3 Right to right (with hip movement), left step behind right, recover onto right
4-6 Left to left (with hip movements), right step behind left, recover onto left

SIDE, BEHIND, ROCK, RECOVER (ALSO WITH LOTS OF HIP MOVEMENTS WITH BOTH ARMS EXTENDED)

1-3 Right to right (with hip movement), left step behind right, recover onto right
4-6 Left to left (with hip movements), right step behind left, recover onto left

MERINGUE RIGHT AND LEFT (WITH HAND MOVEMENTS)

1-2 Step right to right side, close left to right (left arm extended, bring right arm overhead on 2nd count)
3-4 Step right to right, close left to right (with left arm still extended, bring right arm down on 4th count)
5-6 Step left to left side, close right to left (with right arm extended, bring left arm overhead on 6th count)
7-8 Step left to left, close right to left. (with right arm extended, bring left arm down on 8th count)

STEP FORWARD WITH HIPS - RIGHT, LEFT & FULL RIGHT TURN, BODY RIPPLE

1-2 Step right to right side, step left to left
3&4 Full right turn with weight ending on right
5-8 Free style - body ripple - moving it up and then down and level - ready to start again!

REPEAT