

# Hippy Hippy Swings

拍數: 56      牆數: 1      級數: Improver merengue  
編舞者: Sean Rook (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