

Hippy Shak

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Valerie Cortes (GIB)
音樂: Hips Don't Lie - Shakira



STEP ROCK STEP, STEP ROCK STEP, SHUFFLE FORWARD, SHUFFLE BACK

1&2 Step right foot forward, rock left foot to left side, recover on right foot
3&4 Step left foot forward, rock right to right side, recover on left foot
5&6 Step right foot forward, close left behind right, step right foot forward
7&8 Step left foot back, close right in front of left, step left foot back

¼ AND ½ TURN HITCH SHUFFLES ½ TURN HITCH TURNS ½ TURN SHUFFLE

1&2 Hitch right knee making ¼ right and step onto right foot, close left behind right, step right foot forward
3&4 Hitch left knee making ½ turn left and step onto left foot, close right behind right, step left foot forward
5-6 Hitch right knee making ½ turn right step right foot down, hitch left knee making ½ turn left, step left foot down
7&8 Hitch right knee making ½ turn right and step right foot forward, close left behind right, step right foot forward

CROSS AND HEEL AND CROSS AND HEEL AND CROSS UNWIND FULL TURN RIGHT ROCK AND CROSS

1&2 Cross left foot over right, step right beside left, place left heel diagonally forward
&3&4& Step left foot beside right, cross right over left, step right foot back and place left heel diagonally, step right foot beside left
5-6 Cross left foot over right, unwind full turn right
7&8 Rock left foot to left side, step right beside left, cross left foot over right

KICK BALL CROSS RIGHT FOOT, TOE TOUCH AND HEEL DIG AND ROCKING CHAIR

1&2 Kick right foot forward, step right foot beside left, cross left foot over right
&3&4 Stepping onto left foot touch right toe behind left foot, step onto right foot, place left heel forward
&5-6 Stepping onto left foot rock forward onto right, recover on left
7-8 Rock back onto right foot, recover on left

HIP BUMPS FORWARD STEPPING ON RIGHT ½ TURN LEFT STEP FORWARD LEFT BUMP HIPS, ½ TURN RIGHT STEP FORWARD RIGHT BUMP HIPS

1&2 Step on right bumping hip backwards and forward
3&4 Making ½ turn left step onto left foot bumping hips forward and backward
5&6 Step on right bumping hip backwards and forward
7&8 Making ½ turn left step onto left foot bumping hips forward and backward

ROCK RIGHT TO RIGHT SIDE RECOVER, CROSS SHUFFLE TURN ½ RIGHT CROSS SHUFFLE

1-2 Rock right to right side, recover onto left
3&4 Cross right foot over left, step onto left, cross right foot over left
56 Making a ¼ turn right step left foot back, make ¼ turn right step left foot to left side
7&8 Cross left foot over right, step onto right to right side, cross left foot over right

REPEAT

TAG

Repeat sections 5 and 6 at end of wall 3

At the end of wall 6 sway hips for 4 counts or make a hip roll

ENDING

After wall 6 and the hips rolls repeat sections 5 and 6 only twice
