

Hips Bump Shuffle

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Louis James Sequeira (SG)
音樂: Wide Boy - Nik Kershaw



ROCK STEPS, BACK COASTERS

1-2 Rock forward on right, recover on left
3&4 Back coaster on right (step back on right, step left close to right, step forward on right)
5-6 Rock forward on left, recover on right
7&8 Back coaster on left (step back on left, step right close to left, step forward on left)

HIPS BUMP FORWARD

1&2 Step right forward, bumping hips-forward, back, forward
3&4 Step forward left, bumping hips- forward, back, forward
5&6 Step right forward, bumping hips-forward, back, forward
7&8 Step forward left, bumping hips- forward, back, forward

FORWARD RIGHT SHUFFLE, FORWARD LEFT SHUFFLE, BACK SHUFFLE RIGHT, BACK SHUFFLE LEFT

1&2 Step right forward, step left behind right, step right forward
3&4 Step left forward, step right behind left, step left forward
5&6 Step back right, step left in front of right, step back right
7&8 Step back left, step right in front of left, step back left

SIDE TOGETHER, SIDE SHUFFLES RIGHT

1-2 Step right to right, close left beside right
3&4 Side shuffle right- step right to right, close left beside right, step right to right
5-6 Rock left behind right, recover weight on right
&7&8 Turning ¼ left, step left forward, step right behind left, step left forward

REPEAT
