

Hips Don't Lie

COPPER **KNOB**
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Sheridan Gill (UK)
音樂: Hips Don't Lie - Shakira



RIGHT CROSS ROCK, CHASSE RIGHT, LEFT CROSS ROCK, CHASSE LEFT

1-2 Cross rock right over left, recover onto left
3-4 Step right to right side, close left beside right, step right to right side
5-6 Cross rock left over right, recover onto right
7-8 Step left to left side, close right beside left, step left to left side

KICK BALL CHANGE, RIGHT SHUFFLE, LEFT SHUFFLE, PIVOT ½ LEFT

1-2 Kick right forward, step right beside left, step onto left in place
3-4 Step forward right, close left to right, step forward right
5-6 Step forward left, close right to left, step forward left
7-8 Step forward right, pivot ½ turn left

RIGHT CROSS ROCK, CHASSE RIGHT, LEFT CROSS ROCK, CHASSE LEFT

1-2 Cross rock right over left, recover onto left
3-4 Step right to right side, close left beside right, step right to right side
5-6 Cross rock left over right, recover onto right
7-8 Step left to left side, close right beside left, step left to left side

KICK BALL CHANGE, RIGHT SHUFFLE, LEFT SHUFFLE, PIVOT ½ LEFT

1-2 Kick right forward, step right beside left, step onto left in place
3-4 Step forward right, close left to right, step forward right
5-6 Step forward left, close right to left, step forward left
7-8 Step forward right, pivot ½ turn left

RIGHT AND LEFT HIP BUMPS X 4

1-2 Step forward on right and bump hips twice
3-4 Step forward on left and bump hips twice
5-6 Step forward on right and bump hips twice
7-8 Step forward on left and bump hips twice

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

1-2 Step back right, close left beside right, step back right
3-4 Step back left, close right beside left, step back left
5-6 Rock back on right, recover onto left
7-8 Step forward right, close left beside right, step forward right

STEP ½ PIVOT, LEFT SHUFFLE, TOE TOUCHES, SAILOR ¼ TURN RIGHT

1-2 Step left forward, pivot ½ turn right
3-4 Step forward left, close right to left
5-6 Touch right forward, touch right to right side
7-8 Cross right behind left turning ¼ right, step left to left side, step right in place

TOE TOUCHES, SAILOR ¼ TURN LEFT, RIGHT MAMBO FORWARD, LEFT MAMBO BACK

1-2 Touch left forward, touch left to left side
3-4 Cross left behind right turning ¼ left, step right to right side, step left in place
5-6 Rock right forward, recover onto left, step right to place

7-8

Rock left back, recover onto right, step left to place

REPEAT
