

Hips Start Shakin'

拍數: 0 牆數: 4 級數: Intermediate
編舞者: M.T. Groove (UK)
音樂: Dirty Dancing - Black Eyed Peas



Sequence: AB AAB AB AA A (1-16) B AB AB (continue B to home wall)

PART A

HIP WALKS RIGHT, LEFT, ROCK & CROSS, TURN ¼ TURN ¼ STEP, STEP PIVOT ¼

- 1-2 Use your hips and roll your knees out as you walk right, left
3&4 Rock right to right side, recover left, cross right over left
5&6 Make ¼ turn right as you step back left, make ¼ turn right step right to side, step forward left
7-8 Step forward right, pivot ¼ turn left, (weight on left)

FULL TURN (LEFT) POINT, TOUCH TOUCH, & CROSS UNWIND ½, SWIVELS ¼ TURN

- 1&2 Make a full turn traveling left stepping right, left, point right to right side, (you've completed a full turn)
3-4 Touch right across and in front of left, touch right to right side
&5-6 Step right in place, cross left over right, unwind ½ turn right
7&8 Make a ¼ turn left swiveling heels right, left, right, (weight ends up on right)

& ROCK RECOVER, HEELS TOES HEELS, SIDE ROCK HITCH CROSS, HOLD BACK BACK

- &1-2 Step left in place, rock forward right, recover left
3&4 Step right heel next to left heel with toes pointing out, bring toes in - heels go out, move toes out so heels are together

You travel slightly right with counts 3&4

- 5&6 Rock left to left side, hitch left knee as you recover right, cross left over right
7&8 Hold for count 7, step back right, left

LOOK RIGHT, LEFT, SAILOR ¼ TURN, BUMP BUMP, BODY ROLL SIT

- 1-2 Turn head to the right, turn head to the left
3&4 Step left behind right, step right to right side as you ¼ turn left, step left to left side
5-6 Bump hips to right twice
7-8 Body roll to right side, as you finish your roll sit into your right hip

PART B

HIP BUMPS LEFT, RIGHT, LEFT, BALL STEP ¼ PIVOT

- 1&2 Bump hips left, right, left, (keep weight right)
&3-4 Step on ball of left, step forward right pivot ¼ turn left
5-16 Repeat counts 1-4 another 3 times

You will have completed a full turn