

Hippy Hippy Shake

拍數: 48 牆數: 4 級數: Beginner
編舞者: Pat Stott (UK) - January 2013
音樂: Hippy Hippy Shake - The Swinging Blue Jeans



Commence on word "sake" 2 seconds

Twist to the left, hold and clap, twist to the right, hold and clap

1-4 Twist to left - heels, toes, heels, hold and clap
5-8 Twist to right - heels, toes, heels, hold and clap

2 hip bumps left, 2 hip bumps right, 4 hip bumps - left, right, left, right

1-4 Stepping left to left - 2 hips bumps left, 2 hip bumps right
5-8 4 single hip bumps - left, right, left, right

Step forward, point, step forward, point, step forward, point, touch right next to left, point

1-4 Step forward on left, point right to right, step forward on right, point left to left
5-6 Step forward on left, point right to right
7-8 Tap right toe next to left (optional knee turned in), point right to right

Jazz box with 1/4 turn right, weave right

1-4 Cross right over left, step back on left, 1/4 turn right step right to right, cross Left over right
5-8 Step right to right, cross left behind right, step right to right, cross left over right

(Restart here during wall 1 but replace cross on step 8 with close left to right)

Side, tap, side, tap, out, out, bounce heels x2

1-2 Step right to right, tap left next to right and swing arms to right
3-4 Step left to left, tap right next to left and swing arms to left
5-6 Step right to right, step left to left
7-8 Raise and lower both heels twice

2 hip bumps right, 2 hip bumps left, jump forward, hold & clap, jump back, hold & clap

1-4 2 hip bumps right, 2 hip bumps left
&5, 6 Jump right forward and out to right, step left out to left, hold & clap
&7,8 Jump back on right, close left to right, hold & clap

Restart: after section 4 (32 counts) - replace cross left over right with close left to right on step 8 then restart from the beginning.

Choreographers note:

**When they sing "shake it to the left, shake it to the right" - Replace the single clap with a double clap.
For an alternative change the 4 hip bumps in section 2 with twists down and up or use your imagination! Pose at the end of the music with right knee turned in.**

Taught at the Crystal Boot Awards 2013.

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