

Twist My Hips

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Daniel Trepát (NL) - December 2012
音樂: Twist My Hips - Tim James & Nevermind



Intro: 16 counts from first beat in music (app. 8 seconds into track)

[1 – 8] Hip bumps up with ¼ turn L, Rocking chair, Step, Close, Shuffle fwd

1&2& 1 /8 turn L raising right knee up bumping your right hip up as well (1), Lower knee & hip (&
1 /8 turn L raising right knee up bumping your right hip up as well (2), Lower knee & hip (&
9:00
3&4& Rock R fwd (3), Recover on L (&), Rock R back (4), Recover on L (&) 9:00
5 – 6 Step R fwd (5), Step L next to R (6) 9:00
7&8 Step R forward (7), Step L next R (&), Step R forward (8) 9:00

[9 – 16] ¼ turn R with 2 hip bumps, Cross shuffle, Side, Touch, Side Touch

1&2 ! turn R stepping L to L side and bump hip to L (1), Lift R hip up (&), Bump to L (2) 12:00
&3&4 Step R next to L (&), Cross L over R (3), Step R to R (&), Cross L over R (4) 12:00
5 – 6 Step R to R side (5), Touch L next to R (6) 12:00
7 – 8 Step L to L side (7), Touch R next to L (8) 12:00

****The Restart is going to be in wall 1 after 16 counts**

[17 – 24] Cross, Side, Heel, Together, (2x), Step fwd, R heel out & back, L heel out & back, Pop chest fwd & back,

1&2& Cross R over L (1), Step L to L side (&), R heel in R diagonal (2), Step R next to L (&) 12:00
3&4& Cross L over R (3), Step R to R side (&), L heel in L diagonal (4), Step L next to R (&) 12:00
5&6& Step R forward (5), Swivel R heel to R (&), Recover heel back (6), Swivel L heel to L (&
12:00
7&8 Recover heel back (7), Pop chest forward (&), Recover chest back (weight ends on L) (8)
12:00

[25 – 32] Coaster step, Mambo ½ turn L, ¾ turn L, Scuff, Out out

1&2 Step R backwards (1), Step L next to R (&), Step R forward (2) 12:00
3&4 Step L forward (3), Recover on R (&), " turn L stepping L forward (4) 6:00
5 – 6 " turn L stepping R back (5), ! turn L stepping L to L side (6) 9:00
7&8 Scuff R forward (7), Step R out (&), Step L out (8) 9:00

RESTART