

# Twist My Hips

COPPER KNOB  
BY STEPHEN

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**