

Hip Hugger Hitch

Compte: 32

Mur: 2

Niveau: Beginner line/contra dance



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Musique: Trouble - P!nk

HEEL, HOOK, SIDE, TOUCH

- 1 Weight on left foot, tap or touch right heel diagonally forward
- 2 Weight remaining on left, hook right foot over left leg (right foot about left knee height)
- 3 Step right foot to right side, weight on it
- 4 Weight remaining on right foot, touch left toe next to right foot

HEEL, HOOK, TURN (9:00), TOUCH

- 5 Weight remaining on right foot, tap left heel diagonally forward
- 6 Weight remaining on right foot, hook left foot over right leg (left foot about right knee height)
- 7 Prep for ¼ turn left by stepping left foot ¼ left, weight on it (facing 9:00)
- 8 Complete turn, touching right toe next to left foot

TURN (12:00), 2 (3:00), 3 (9:00), TOUCH

See end of step description for non-turning variations

- 9 Begin 3 step turn right by stepping right foot ¼ right, weight on it (facing 12:00)
- 10 Pivot ¼ right on ball of right foot, stepping left foot to left side, weight on it (facing 3:00)
- 11 Pivot ½ right on ball of left foot, stepping right foot to right side, weight on it (facing 9:00)
- 12 Weight remaining on right foot, touch left toe next to right foot

BUMP, 2, 3, 4

- 13 Step left foot to left side, rocking weight to it, bumping hips left
- 14 Bump hips right, rocking weight to right foot
- 15 Bump hips left, rocking weight to left foot
- 16 Bump hips right, weight ending on right foot

TURN (6:00), 2 (3:00), 3 (9:00), TOUCH

See end of step description for non-turning variations

- 17 Begin 3 step turn left by stepping left foot ¼ left, weight on it (facing 6:00)
- 18 Pivot ¼ left on ball of left foot, stepping right foot to right side, weight on it (facing 3:00)
- 19 Pivot ½ left on ball of right foot, stepping left foot to left side, weight on it (facing 9:00)
- 20 Weight remaining on left foot, touch right toes next to left foot

BUMP, 2, 3, 4

- 21 Step right foot to right side, rocking weight to it, bumping hips right
- 22 Bump hips left, rocking weight to left foot
- 23 Bump hips right, rocking weight to right foot
- 24 Bump hips left, weight ending on left foot

STEP, TOUCH, TURN (6:00), TOUCH

- 25 Step right foot to right side, weight on it
- 26 Weight remaining on right foot, touch left toe next to right foot
- 27 Prep for ¼ turn left by stepping left foot ¼ left, weight on it (facing 6:00)
- 28 Complete turn, touching right toe next to left foot

STEP, TOUCH, STEP, TOUCH

- 29 Step right foot to right side, weight on it

- 30 Weight remaining on right foot, touch left toe next to right foot
- 31 Step left foot to left side, weight on it
- 32 Weight remaining on left, touch right toes next to left foot

REPEAT

ENDING

End dance with right hand to left shoulder, left hand to right shoulder, sitting weight into hips

Variation description for vine right instead of 3 step turn

VINE, 2, 3, TOUCH

- 9 Begin vine by stepping right foot to right side, weight on it
- 10 Cross left foot behind right foot, weight on left foot
- 11 Step right foot to right side, weight on it
- 12 End vine sequence by touch left toe next to right foot, weight remaining on right foot

Variation description for vine left instead of 3 step turn

VINE, 2, 3, TOUCH

- 9 Begin vine by stepping left foot to left side, weight on it
 - 10 Cross right foot behind left foot, weight on right foot
 - 11 Step left foot to left side, weight on it
 - 12 End vine sequence by touch right toe next to left foot, weight remaining on left foot
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