

# Hip To Be Square

Compte: 44

Mur: 2

Niveau: Improver social cha



Chorégraphe: Unknown

Musique: I'm Not Running Anymore - John Mellencamp

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## ROCK STEP, SHUFFLE BACK, ROCK STEP, SHUFFLE FORWARD

- 1-2 (Weight starts on left foot) rock right forward, recover left
- 3&4 Right shuffle back (right-left-right)
- 5-6 Rock left back, recover right
- 7&8 Left shuffle forward (left-right-left)

## SHUFFLE SQUARE

- 1&2 Right side shuffle (right-left-right)
- 3&4  $\frac{1}{4}$  turn left on ball of right foot to face 9:00, then side shuffle (left-right-left)
- 5&6  $\frac{1}{4}$  turn left on ball of left foot to face 6:00, then side shuffle (right-left-right)
- 7&8  $\frac{1}{4}$  turn left on ball of right foot to face 3:00, then side shuffle (left-right-left)

## CROSS ROCK, SHUFFLE $\frac{1}{2}$ TURN, ROCK STEP, SHUFFLE $\frac{1}{2}$ TURN

- 1-2 Cross rock right foot  $\frac{1}{4}$  turn left over left foot so you face starting wall (12:00), recover left
- 3&4 Shuffle  $\frac{1}{2}$  turn right (right-left-right) (now facing 6:00)
- 5-6 Left rock forward, recover right
- 7&8 Shuffle  $\frac{1}{2}$  turn left (left-right-left) now back to starting wall (12:00)

## $\frac{1}{2}$ PIVOT, RUN FORWARD, JUMP FORWARD, CLAP, JUMP BACK, CLAP

- 1-2 Right step forward, pivot  $\frac{1}{2}$  turn left (weight now on left and facing 6:00)
- 3&4 Run forward, small steps (right-left-right)
- &5-6 Jump forward on left foot, touch right foot next to left foot, clap
- &7-8 Jump back on right foot, step left foot next to right foot, clap

## HANDS ON HIPS, HIP BUMPS

- 1-2 Slap right hand on right hip, slap left hand on left hip
- 3-4 Bump hips twice to the left, weight is should now be on left foot and take hands off of hips

## MONTEREY TURNS

- 1-2 Point right toe to right side,  $\frac{1}{2}$  turn to the right on ball of left foot as you bring right foot in and step right foot next to left foot
- 3-4 Point left toe to left side, step left foot beside right foot
- 5-6 Point right toe to right side,  $\frac{1}{2}$  turn to the right on ball of left foot as you bring right foot in and step right foot next to left foot
- 7-8 Point left toe to left side, step left foot beside right foot

## REPEAT

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