## Twist My Hips

Compte: 32
Mur: 4
Chorégraphe: Daniel Trepat (NL) - December 2012
Musique: Twist My Hips - Tim James \& Nevermind

Intro: 16 counts from first beat in music (app. $\mathbf{8}$ seconds into track)
[ 1 - 8] Hip bumps up with $1 / 4$ turn L, Rocking chair, Step, Close, Shuffle fwd
1\&2\& $1 \quad / 8$ turn L raising right knee up bumping your right hip up as well (1), Lower knee \& hip (\&)
$1 \quad / 8$ 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] $1 / 4$ 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
$7-8 \quad$ 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 $1 / 2$ turn $L, 3 / 4$ 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

