Hip To Be Square

拍数: 44   墙数: 2   级数: Improver social cha

编舞者: Unknown

音乐: I'm Not Running Anymore - John Mellencamp

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	¼ turn left on ball of right foot to face 9:00, then side shuffle (left-right-left)
5&6	¼ turn left on ball of left foot to face 6:00, then side shuffle (right-left-right)
7&8	¼ turn left on ball of right foot to face 3:00, then side shuffle (left-right-left)

CROSS ROCK, SHUFFLE ½ TURN, ROCK STEP, SHUFFLE ½ TURN

1-2	Cross rock right foot ¼ turn left over left foot so you face starting wall (12:00), recover left
3&4	Shuffle ½ turn right (right-left-right) (now facing 6:00)
5-6	Left rock forward, recover right
7&8	Shuffle ½ turn left (left-right-left) now back to starting wall (12:00)

½ PIVOT, RUN FORWARD, JUMP FORWARD, CLAP, JUMP BACK, CLAP

1-2	Right step forward, pivot ½ 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, ½ 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, ½ 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