

Hips Start Shakin'

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 4 级数: Intermediate
编舞者: M.T. Groove (UK)
音乐: Dirty Dancing - Black Eyed Peas



Sequence: AB AAB AB AA A (1-16) B AB AB (continue B to home wall)

PART A

HIP WALKS RIGHT, LEFT, ROCK & CROSS, TURN $\frac{1}{4}$ TURN $\frac{1}{4}$ STEP, STEP PIVOT $\frac{1}{4}$

- 1-2 Use your hips and roll your knees out as you walk right, left
- 3&4 Rock right to right side, recover left, cross right over left
- 5&6 Make $\frac{1}{4}$ turn right as you step back left, make $\frac{1}{4}$ turn right step right to side, step forward left
- 7-8 Step forward right, pivot $\frac{1}{4}$ turn left, (weight on left)

FULL TURN (LEFT) POINT, TOUCH TOUCH, & CROSS UNWIND $\frac{1}{2}$, SWIVELS $\frac{1}{4}$ TURN

- 1&2 Make a full turn traveling left stepping right, left, point right to right side, (you've completed a full turn)
- 3-4 Touch right across and in front of left, touch right to right side
- &5-6 Step right in place, cross left over right, unwind $\frac{1}{2}$ turn right
- 7&8 Make a $\frac{1}{4}$ turn left swiveling heels right, left, right, (weight ends up on right)

& ROCK RECOVER, HEELS TOES HEELS, SIDE ROCK HITCH CROSS, HOLD BACK BACK

- &1-2 Step left in place, rock forward right, recover left
- 3&4 Step right heel next to left heel with toes pointing out, bring toes in - heels go out, move toes out so heels are together

You travel slightly right with counts 3&4

- 5&6 Rock left to left side, hitch left knee as you recover right, cross left over right
- 7&8 Hold for count 7, step back right, left

LOOK RIGHT, LEFT, SAILOR $\frac{1}{4}$ TURN, BUMP BUMP, BODY ROLL SIT

- 1-2 Turn head to the right, turn head to the left
- 3&4 Step left behind right, step right to right side as you $\frac{1}{4}$ turn left, step left to left side
- 5-6 Bump hips to right twice
- 7-8 Body roll to right side, as you finish your roll sit into your right hip

PART B

HIP BUMPS LEFT, RIGHT, LEFT, BALL STEP $\frac{1}{4}$ PIVOT

- 1&2 Bump hips left, right, left, (keep weight right)
- &3-4 Step on ball of left, step forward right pivot $\frac{1}{4}$ turn left
- 5-16 Repeat counts 1-4 another 3 times

You will have completed a full turn