Hippy Hippy Shake



拍数: 48 墙数: 4 级数: Beginner

编舞者: Pat Stott (UK) - January 2013

音乐: Hippy Hippy Shake - The Swinging Blue Jeans



Commence on word "sake" 2 seconds

Twist to the left, hold and clap, twist to the right, hold and clap 1-4 Twist to left - heels, toes, heels, hold and clap 5-8 Twist to right - heels, toes, heels, hold and clap

2 hip bumps left, 2 hip bumps right, 4 hip bumps - left, right, left, right 1-4 Stepping left to left - 2 hips bumps left, 2 hip bumps right

5-8 4 single hip bumps - left, right, left, right

Step forward, point, step forward, point, step forward, point, touch right next to left, point

Step forward on left, point right to right, step forward on right, point left to left

5-6 Step forward on left, point right to right

7-8 Tap right toe next to left (optional knee turned in), point right to right

Jazz box with 1/4 turn right, weave right

1-4 Cross right over left, step back on left, 1/4 turn right step right to right, cross Left over right

5-8 Step right to right, cross left behind right, step right to right, cross left over right

(Restart here during wall 1 but replace cross on step 8 with close left to right)

Side, tap, side, tap, out, out, bounce heels x2

| 1-2 | Step right to right, tap left next to right and swing arms to right |
|-----|---------------------------------------------------------------------|
| 3-4 | Step left to left, tap right next to left and swing arms to left |
| 5-6 | Step right to right, step left to left |
| 7-8 | Raise and lower both heels twice |

2 hip bumps right, 2 hip bumps left, jump forward, hold & clap, jump back, hold & clap

1-4 2 hip bumps right, 2 hip bumps left

Jump right forward and out to right, step left out to left, hold & clap &5, 6

Jump back on right, close left to right, hold & clap &7.8

Restart: after section 4 (32 counts) - replace cross left over right with close left to right on step 8 then restart from the beginning.

Choreographers note:

When they sing "shake it to the left, shake it to the right" - Replace the single clap with a double clap. For an alternative change the 4 hip bumps in section 2 with twists down and up or use your imagination! Pose at the end of the music with right knee turned in.

Taught at the Crystal Boot Awards 2013.

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