

# Hip Rock

拍數: 64      牆數: 4      級數:  
編舞者: Rick Bates (USA) & Deborah Bates (USA)  
音樂: Back In Your Arms Again - Lorrie Morgan



## DIAGONAL HIP ROCKS

- 1      Rock forward and diagonally right on right foot
- 2      Rock back and diagonally left on left foot
- 3      Rock forward and diagonally right on right foot
- 4      Rock back and diagonally left on left foot
- 5      Rock back and diagonally right on right foot
- 6      Rock forward and diagonally left on left foot
- 7      Rock back and diagonally right on right foot
- 8      Rock forward and diagonally left on left foot

## DIAGONAL HIP ROCKS, FORWARD WALK, KICK

- 9-12      Repeat counts 3 through 6
- 13-14      Walk forward on right foot; walk forward on left foot
- 15-16      Walk forward on right foot; kick left foot forward

## BACKWARD WALK, TOUCH, RIGHT ROLLING TURN, TOUCH

- 17-18      Walk backward on left foot; walk backward on right foot
- 19-20      Walk backward on left foot; touch right foot next to left
- 21      Step to the right on right foot and begin a full to the right rolling turn traveling to the right
- 22      Step on left foot and continue full to the right rolling turn
- 23      Step on right foot and complete full to the right rolling turn
- 24      Touch left foot next to right

## LEFT ROLLING TURN, HIP BUMPS

- 25      Step to the left on left foot and begin a full to the left rolling turn traveling to the left
- 26      Step on right foot and continue full to the left rolling turn
- 27      Step on left foot and complete full to the left rolling turn
- 28      Touch right foot next to left
- 29-30      Step slightly forward and diagonally right on right and bump hips to the right twice
- 31-32      Bump hips backward and to the left twice

## HIP GRINDS, FORWARD SHUFFLES

- 33-34      With feet still in place, grind hips one full to the left revolution
- 35-36      Repeat counts 33 - 34
- 37&38      Shuffle forward (right, left, right)
- 39&40      Shuffle forward (left, right, left)

## MILITARY PIVOT TO THE LEFT, FORWARD SHUFFLES, MILITARY TURN TO THE LEFT

- 41      Step forward on right foot
- 42      Pivot ½ turn to the left on ball of right foot and shift weight to left foot
- 43&44      Shuffle forward (right, left, right)
- 45&46      Shuffle forward (left, right, left)
- 47      Step forward on right foot
- 48      Pivot ¼ turn to the left on ball of right foot and shift weight to left foot

## JAZZ SQUARE, TOUCH, STEP-TOUCH, CROSS, UNWIND

- |       |  |
|-------|--|
| 49-50 | Cross right foot over left and step; step back on left foot                                |
| 51-52 | Step right foot slightly to the side; touch left foot next to right                        |
| 53-54 | Step forward on left foot; touch right foot to the right                                   |
| 55-56 | Cross right foot over left; unwind 1/ 2 turn to the left (finish with weight on left foot) |

**FORWARD WALK, KICK, ROLLING TURN BACK, TOUCH**

- |       |  |
|-------|--|
| 57-58 | Walk forward on right foot; walk forward on left foot            |
| 59-60 | Walk forward on right foot; kick left foot forward               |
| 61    | Step back on left foot and begin a full to the left rolling turn |
| 62    | Step on right foot and continue full to the right rolling turn   |
| 63    | Step on left foot and complete full to the left rolling turn     |
| 64    | Touch right foot next to left                                    |

**REPEAT**

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