# Hips Don't Lie



拍數: 32 牆數: 4 級數: Intermediate

編舞者: Vicki Douglas (UK) 音樂: Hips Don't Lie - Shakira



### HALF RUMBA LEFT, HALF RUMBA RIGHT, LEFT MAMBO FORWARD, RIGHT COASTER 1/4 TURN

1&2	Step left to left side	step right next to left,	step forward left
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3&4 Step right to right side, step left next to right, step forward on right

5&6 Rock forward on left, recover right, step back on left

7&8 1/4 turn right sweeping right foot round to step back on right, step left beside right, step

forward on right

## FULL TURN 3 LITTLE RUNS LEFT-RIGHT-LEFT, JAZZ BOX, STEPS WITH HIPS TWICE, COASTER STEP

1&2	Small full turn run around to your left stepping left, right, left
3&4	Cross right over left, step back on left, step right to right side

5-6 Step forward on left pushing left hip out, step forward on right pushing right hip out

7&8 Step back on left, step right beside left, step forward on to left

## FULL TURN RIGHT, HIPS X3, BACK SHUFFLE RIGHT-LEFT-RIGHT

1-2-3 Turn ¼ right stepping right forward, turn ½ right stepping back on the left, turn ¼ right

stepping right to right side, (nice and slow)

4-5-6 Sway hips left, right, left leaving weight on left

7&8 Shuffle back on the right (right, left, right)

#### SAILOR ½ TURN LEFT, ¼ TURN CHASSE, ¾ TURN RIGHT, HIP BUMPS LEFT-RIGHT-LEFT

1&2 Left sailor step completing a ½ turn over left

#### Can sweep left foot round as you make ½ turn to look more effective

Making a ¼ turn left as you chasse to the right stepping right, left, right

Cross left over right, make ¾ turn over right shoulder - end weight on right

7&8 Bump hips left, right, left

## **REPEAT**