

Shake ya Hips

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Karl-Harry Winson (UK) - September 2009
音樂: 1-2-3 - Ann Tayler : (Album: Home to Louisiana)



Intro: 32 Count Intro.

Step touches x4 (with claps).

- 1 – 2 Step forward on the right. Touch left foot next to the right (clap)
- 3 – 4 Step back on the left. Touch right foot next to the left (clap)
- 5 – 6 Step right foot to the right side. Touch left foot next to the right (clap)
- 7 – 8 Step left foot to the left side. Touch right foot next to the left (clap)

Right scissor step. Hold. ½ turn step. Hold.

- 1 – 2 Step right foot to right side. Close left foot next to the right.
- 3 – 4 Cross right foot over the left. Hold.
- 5 – 6 Make a ¼ turn right stepping back on the left. Make a ¼ turn right stepping right foot forward.
- 7 – 8 Step forward on the left. Hold.

Step touch. Step dig X2 (with claps).

- 1 – 2 Step forward on the right. Touch left foot next to the right (clap)
- 3 – 4 Step back on the left. Dig right heel forward (clap)
- 5 – 6 Step forward on the right. Touch left foot next to the right (clap)
- 7 – 8 Step back on the left. Dig right heel forward (clap)

Toe Struts X2. Sailor ¼ turn. Hold.

- 1 – 2 Step back on the right toe. Drop the heels.
- 3 – 4 Step back on the left toe. Drop the heels.
- 5 – 6 Cross right behind the left. Step left next to the right making a ¼ turn right.
- 7 – 8 Step forward on the right. Hold

Step drag. Heel Splits. Step drag. Pigeon toes.

- 1 – 2 Step left foot to the left diagonal. Drag right foot to meet the left.
- 3 – 4 Split both heels out. Bring both heels together. (*R)
- 5 – 6 Step right foot to the right diagonal. Drag left foot to meet the right
- 7 – 8 Split both toes out. Bring both toes together.

Left rocking chair. Step ½ turn step.

- 1 – 2 Rock forward on the left. Recover weight back onto the right.
- 3 – 4 Rock back on the left. Recover weight forward onto the right.
- 5 – 6 Step forward on the left. Make a ½ turn right.
- 7 – 8 Step forward on the left. Touch right foot next to the left.

Side close forward touch. Hip bumps X4

- 1 – 2 Step right foot to the right side. Close left next to the right.
- 3 – 4 Step right foot forward. Touch left foot next to the right.
- 5 – 8 Step left foot to the left side. Bump hips: Left, Right, Left, Right

Side together back flick. Coaster step. Step.

- 1 – 2 Step left foot to the left side. Close right foot next to the left.
- 3 – 4 Step back on the left. Flick the right foot forward.
- 5 – 6 Step back on the right. Step left next to the right.
- 7 – 8 Step forward on the right. Step left next to the right.

Choreographers Note:

To keep with the phrasing of the music, a tag is needed at the end of wall 1 and wall 3. To get into this tag you will need to replace the last count of section 8. Instead of stepping the left foot next to the right, hold for the last count after the coaster step instead. With this in mind you will only dance 3 of the 4 walls throughout the majority of the dance. The Only time you dance the back wall is at the very end and you finish the dance facing the front wall.

Tag – End of wall 1 & 3

Step ½ turn step. Hold.

1 – 2 Step forward on the left. Make a ½ turn right.

3 – 4 Step forward on the left. Hold

(*R) = Restart

During wall 6. Dance up to and do the first 4 counts of section 5. Then restart the dance again. You should be facing the 12 O'clock wall
