

# TWIST YOUR HIPS

Intermédiaire facile – 32 comptes – 2 murs

Chorégraphe : Jean-Pierre Madge (CH) & Junghye Yoon (KOR)

Musique : Shackles - Steven Rodriguez

Style : WCS

Source : Copperknob –

Intro : 16 comptes

## WALK, WALK, ANCRE STEP SWEEP, BACK, PRESS, BACK KICK FLICK

1-2 Step R forward (1), Step L forward (2), 12'00

3&4 Step R behind L (3), Step L on place (&), Step R back and Sweep L around (4)

5-6 Step L back (5), Press R forward (6),

7&8 Step R back (7), Kick L to L diagonal (&), Step L next to R and flick R to R diagonal back (8)

**RESTART here on the 2nd wall facing 6' and 5th wall facing 6'**

## CROSS, SIDE, SAILOR 1/4R, STEP TOUCH, STEP TOUCH, STEP TOGETHER STEP

1-2 Cross R over L (1), Step L to L side (2),

3&4 Cross R behind L (3), 1/4R Step L next to R (&), Step R forward (4) 3'00

5&6& Step L to L diagonal (5), Touch R next to L (&), Step R to R diagonal (6), Touch L next to R (&)

7&8 Step L to L diagonal (7), Step R next to L (&), Step L to L diagonal (8)

*Styling: You can face the opposite diagonal with your body while travelling forward*

## STEP, TWIST HEELS, 1/2L ROLLING HIPS, STEP 1/4R SIDE, BALL CROSS

1-2& Step R forward (1), Twist both heels to R (2), Twist both heels back (&) weight is on your L

3-4 Bend both knees and pivot 1/2L (3), straighten up both knees, keep weight on L (4) 9:00'

*Styling: Push your hips backward while turning 1/2L as the lyrics say « She twists her hips »*

5-6 Step R forward (5), 1/4 R big Step L to L side (6) 12'00

7&8 Drag R next to L (7), Step R next to L (&), Cross L over R (8)

## BACK BACK CROSS, BACK BACK CROSS, BOUNCE HEELS 1/2R, BACK ROCK

1&2 Step R back (1), Step L back to L diagonal (&), Cross R over L (2) body facing L diagonal 10'30

3&4 Step L back (3), Step R back to R diagonal (&), Cross L over R (4) body facing R diagonal 1'30

5-6 Bounce heels twice as you unwind 1/2R (5-6) weight on L 6'00

7-8 Rock R back (7), Recover (8)

Et on recommence avec le sourire




Isa  
New Line Danse