

Twist My Hips

Low Intermediate – Pop – Up Tempo

Music By: Tim James – Shake it up: Break it down (Amazon MP3 Version) Released July, 2011 (Choreo 2/2013)

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Wait 16 Beats

My Event: www.CitySlickerStomp.Info

Sequence: Intro A B C - A B C - A B B - Intro

Intro: 16 Beats

Kangaroo & Triple DS SL R S SL RS DS DS DS RS (Diagonally Left Forward & Back)
L L R L L RL R L R LR

****Repeat to Right Diagonal & Back****

Part A: 32 Beats (Lyric: “Do you feel this...”)

Samantha DS DS(XIF) DR/S DR/S S S DS DS RS
L R R L L RL R L R LR

Scotty DS BR(X)/H-Drop BR(O)/H-Drop B-Bounce(R XIB) S(UNX) (pause) STOMP DS DS RS
L R L R L Both Both R L R LR

Drag Loop Stomp DS DR/K S(XIF) DS SL/Pivot(1/2R) S DS DS STOMP STOMP DR/SL
L L RR L L L R L R L R B R
&1 & 2 &3 & 4 &5 &6 & 7 & 8

****Repeat Drag Loop Stomp to Face Front****

Part B: 32 Beats (Lyric: “I twist my hips...”)

4 Count Twist D/H-Drop(L) H-Drop(L) H-Drop(R) H-Drop(R) H-Drop(L) H-Drop(Straight) LIFT/SL
L Both Both Both Both Both Both L R

Triple Brush & Triple DS DS DS BR/SL (forward) DS DS DS RS (Backing)
L R L R L R L R LR

2 Basket Ball Turns S B-pivot(1/2R)/H-drop S B-pivot(1/2R)/H-drop
L Both R L Both R

Running Rock Steps DS RS RS RS (Forward)
L RL RL RL



Swing Across Turn Foot-Swing(across) S(XIF)/K(B) (pause) S/KICK(UNX) Foot-Swing(1/2R) S RS
R R L L R R R LR
& 1 & 2 & 3 &4

Slur Like This DS SLUR/S(XIB) D/Bounce(apart) Bounce(in) SL/Lift HOP/LIFT S RS HOP/LIFT S RS (1/2R)
L R R L Both Both R L R L L RL L R R LR

Part C: 32 Beats

Cherie Chain D/H(OTS) (pause) T(XIF) (pause) H-Drop RS DS RS RS RS (moving L)
L R R R LR L RL RL RL
&1 & 2 & 3 &4 &5 &6 &7 &8

Boogie Rocker DS R(XIB)S DS R(XIB)S DS R(XIB)S R(OTS)S R(XIB)S (1/2L)
R L R L R L R L RL R

****Repeat Cherie Chain & Boogie Rocker to Face Front****