

# HIP LACE '99'

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**Count:** 32

**Wall:** 4

**Level:** intermediate/advanced

**Choreographer:** David J. McDonagh & Sian L. Edwards

**Music:** Lost In Space (Theme) by Apollo Four Forty

## LACED HANDS-TURNING, MORE HAND WORK TURNING

**Start with feet apart, fingers laced in front of chest palms facing down, elbows lifted**

- &1** Keeping fingers laced, raise right elbow up, cause down rippling through the wrists following through to the left elbow, while doing the handwork step back left (&), step forward right (1)
- 2** Keeping fingers laced, hold and turn  $\frac{1}{4}$  left
- &3** Keeping fingers laced, raise right elbow up cause down rippling through the wrists following through to the left elbow
- &4** Repeat counts &3
- 5** Raise right arm so elbow-shoulder is parallel to floor, also right palm facing forward and vertical, left fingers touching forearm just above crook of right elbow
- 6** Bring right hand down & under left arm, back of right hand touches left wrist, left hand moves up & down ending back of left hand facing floor keeping back of right hand on left wrist
- 7** Slide left hand towards you while moving right arm to right side ending with left hand grasping right elbow and turning  $\frac{1}{4}$  turn right

**End facing original wall at 12:00**

- 8** Hold for (1) count still with left hand grasping right elbow

## & KICK BALL POINT, KICK BALL POINT, UNWIND $\frac{1}{2}$ , UNWIND FULL

- &** Dropping arms step right beside left
- 9&10** Kick left forward, step left beside right, point right toe to right side
- 11&12** Kick right forward, step right beside left, point left toe to left side
- 13** Keeping left toe pointing, unwind  $\frac{1}{2}$  turn left on (1) count

**End with legs crossed**

- 14-16** Keeping legs crossed unwind (1) full turn right

## End with feet side by side

### ARM MOVEMENTS (SIMILAR TO SNAKE ROLLS) HIP ROLLS

- 17&18** Move right arm to right side as you start a rippling effect across your arm, pushing hips to left side, turning head slightly to right side
- 19&20** Dropping right arm move left arm to left side as you start a rippling effect across your arm, pushing hips to right side, turning head slightly to left side
- 21-24** Dropping arms roll hips twice to the left over (4) counts

### APPLEJACKS TRAVELING RIGHT WITH HAND POINTS, ROLLING VINE LEFT

- 25** Weight on left toe & right heel, swivel left heel & right toe right
- &** Weight on left heel & right toe, swivel left toe & right heel right
- 26** Weight on left toe & right heel, swivel left heel & right toe right
- &** Weight on left heel & right toe, swivel left toe & right heel right
- 27** Weight on left toe & right heel, swivel left heel & right toe right
- &** Weight on left heel & right toe, swivel left toe & right heel right
- 28** Weight on left toe & right heel, swivel left heel & right toe right

#### As your doing counts 25-28, do the following hand movements:

- 25** Point right arm upwards to right diagonal like this '/'
- &** Right fingers touches center of chest
- 26** Right fingers touches left shoulder
- &** Right fingers touches right shoulder
- 27** Point right arm upwards to right diagonal like this '/'
- &** Right fingers touches center of chest
- 28** Point right fingers down to floor
- 29-32** Roll 1 ¼ turn left traveling to left side stepping left, right, left, right

#### End facing left of original wall 9:00.

### REPEAT