

# Move UR Hips N Don't Hold Back

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**Count:** 64

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Rep Ghazali , Scotland (March 2009)

**Music:** Muevelo by Los Super Reyes (121bpm)

**Intro: 64 count intro from heavy beat (39sec)**

**(1-8) RUMBA BOX, BACK-BACK, COASTER STEP**

**1&2 step Right to Right side, step Left together, step Right forward**

**3&4 step Left to Left side, step Right together, step back Left**

**5-6 sweep and step Right behind Left, sweep and step Left behind Right**

**7&8 step back Right, step Left together, step forward Right (12)**

**(9-16) SHUFFLE FORWARD, STEP- $\frac{1}{4}$  TURN-CROSS, BACK-TOUCH, HIPS BUMP**

**1&2 step forward Left, step Right together, step forward Left**

**3&4 step forward Right,  $\frac{1}{4}$  pivot Left, cross Right over Left (9)**

**5-6 big step back on Left, slide Right toward Left and touch across Left**

**7-8 with weight on Left hips bump forward and back**

**(17-24) SHUFFLE FORWARD, STEP- $\frac{1}{2}$  TURN-STEP, FORWARD MAMBO, BACK MAMBO TOUCH**

**1&2 step forward Right, step Left together, step forward Right**

**3&4 step forward Left,  $\frac{1}{2}$  pivot turn Right, step forward Left (3)**

**5&6 rock forward Right, recover on Left, step back Right**

**7&8 rock back Left, recover on Right, touch Left beside Right (3)**

**(25-32) SIDE ROCK-RECOVER, BEHIND-SIDE-CROSS, SIDE ROCK-  $\frac{1}{4}$  TURN FLICK, SHUFFLE FORWARD**

**1-2 side rock Left to Left, recover on Right**

**3&4 step Left behind Right, step Right to Right side, cross Left over Right**

**5-6 rock Right to Right side, recover on Left making  $\frac{1}{4}$  turn Left and flick back on Right (12)**

**7&8 step forward Right, step Left together, step forward Right (12)**

**(33-40) FULL TURN, SHUFFLE FORWARD, ROCK FORWARD-RECOVER, ROCK-RECOVER- $\frac{1}{2}$  TURN**

**1-2  $\frac{1}{2}$  turn Right by stepping back Left,  $\frac{1}{2}$  turn Right by stepping forward Right**

**3&4 step forward Left, step Right together, step forward Left**

**5-6 rock forward Right, recover on Left**

**7&8 rock forward Right, recover on Left,  $\frac{1}{2}$  turn Right by stepping forward Right (6)**

**(41-48) FORWARD MAMBO, BACK MAMBO TOUCH, CROSS-BACK, TWIST-TWIST-HOOK**

**1&2 rock forward Left , recover on Right, step back Left**

**3&4 rock back Right, recover on Left, touch Right together**

**5-6 cross Right over Left, step back Left**

**7&8 twist to Left on both feet, twist back to centre, hook up on Right (6)**

**(49-56)  $\frac{1}{2}$  TURN-HOOK, STEP-LOCK, LOCK-AND-LOCK, STEP-  $\frac{1}{2}$  PIVOT**

**1-2  $\frac{1}{2}$  turn Left by stepping back on Right, hook up on Left (12)**

**3-4 step forward Left, lock Right behind Left**

**5&6 step forward Left, lock Right behind Left, step forward Left**

**7-8 step forward Right,  $\frac{1}{2}$  pivot turn Left (6)**

**(57-64) KICK BALL POINT, TOES SIDE SWITCHES, AND- HEEL FORWARD-AND-TOE BACK, HIPS ROLL**

**1&2 kick forward on Right, step back Right, point Left to left side**

**&3&4 step Left together, point Right to Right side, step Right together, point Left to Left**

**&5&6 step Left together, touch Right heel forward, step Right together, touch Left toe back**

**7-8 with weight on Right: hips roll for 2 count anticlockwise rotation (ending weight on Left)  
(6)**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=77397](https://www.linedance.com/index.php?f=dance_view&id=77397)