

# TRIPPIN

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**Count:** 64

**Wall:** 4

**Level:** intermediate

**Choreographer:** Carolyn Robinson

**Music:** Wait A Minute by The Pussycat Dolls

## **BUMP RIGHT HIPS, BUMP LEFT HIPS, SWAY RIGHT & LEFT, HITCH RIGHT ¼ TURN RIGHT**

**1&2** Bump right hips right-left-right

**3&4** Bump left hips left-right-left

**Arms up above head, elbows bent, hands in fist toward each other, move both hands in direction of hip bumps**

**5-6** Sway hips right, sway hips left

**Open hands and sway with hips right then left**

**7-8** Hitch right, turn ¼ right (3:00)

**Clasp hands together on hitch and bring down on turn**

## **TOUCH RIGHT OUT-IN-OUT, ROLL RIGHT KNEE TWICE, ROLL LEFT KNEE TWICE, ROLL RIGHT & LEFT KNEE ONCE EACH**

**1&2** Touch right to right side, touch right beside left, touch right to right side

**3-4** Roll right knee for 2 counts (optional: roll right shoulder along with knee)

**5-6** Roll left knee for 2 counts (optional: roll left shoulder along with knee)

**7-8** Roll right knee for 1 count, roll left knee for 1 count (roll shoulders with each knee)

## **TOE HEEL STRUTS FORWARD, TOE HEEL STRUTS BACK**

**1-2(Keeping feet shoulder's distance apart) right toe heel strut forward**

**3-4** Left toe heel strut forward

**5-6** Right toe heel strut back

**7-8** Left toe heel strut back

## **SLEAZY SLIDE RIGHT, SLEAZY SLIDE LEFT**

**1-2-3-4** Step right out a little further, slide left beside right & touch (shimmy shoulders down and up)

5-6-7-8 Step left out, slide right beside left & touch (shimmy shoulders down and up)

### **TOE HEEL STRUTS, TOUCH FORWARD & BEHIND, TOUCH FORWARD WITH 2 HIP BUMPS**

1-2 Right toe heel strut forward

3-4 Left toe heel strut forward

5&6 Touch right toe forward, touch right toe behind, touch right toe forward

7&8 Bump right hips twice (right-left-right)

### **TOE HEEL STRUTS, TOUCH FORWARD & BEHIND, TOUCH FORWARD WITH 2 HIP BUMPS**

1-2 Left toe heel strut forward

3-4 Right toe heel strut forward

5&6 Touch left toe forward, touch left toe behind, touch left toe forward

7&8 Bump left hips twice (left-right-left)

### **TOUCH FORWARD, SIDE, RIGHT SAILOR WITH ½ TURN RIGHT, LEFT KICK-BALL-CHANGE, LEFT TRIPLE FORWARD**

1-2 Touch right forward, touch right to right side

3&4 Step right behind left ¼ right, step left ¼ right to left side completing ½ turn right, side step right

5&6 Left kick forward, left ball of foot in place, right step in place

7&8 Left triple step forward left-right-left

### **RIGHT SIDE STEP, STEP TOUCH, LEFT SIDE STEP, STEP TOUCH**

1-2 Right side step moving shoulders up on 1 and down on 2 (hands' palms toward abdomen)

3-4 Left touch beside right moving shoulders up and down (hands' palms open out elbows to sides)

5-6 Left side step moving shoulders up and down (hands' palms facing abdomen)

7-8 Right touch beside left moving shoulders up and down (hands' palms open out-elbows to sides)

### **ROLL RIGHT HIPS TWICE, ROLL LEFT HIPS TWICE**

1-2-3-4 Roll right hips up and around (to the right) twice

5-6-7-8 Roll left hips up and around (to the left) twice

### **REPEAT**

