

Twist My Hips

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Count: 32 **Wall:** 4 **Level:** Easy Intermediate

Choreographer: Daniel Trepas (NL) Dec. 2012

Music: "Twist My Hips" by Tim James & Nevermind

Intro: 16 counts from first beat in music (app. 8 seconds into track)

[1 - 8] Hip bumps up with ¼ turn L, Rocking chair, Step, Close, Shuffle fwd

1&2& 1/8 turn L raising right knee up bumping your right hip up as well (1), Lower knee & hip (&)

**1/8 turn L raising right knee up bumping your right hip up as well (2), Lower knee & hip (&)
9:00**

3&4& Rock R fwd (3), Recover on L (&), Rock R back (4), Recover on L (&) 9:00

5 - 6 Step R fwd (5), Step L next to R (6) 9:00

7&8 Step R forward (7), Step L next R (&), Step R forward (8) 9:00

[9 - 16] ¼ turn R with 2 hip bumps, Cross shuffle, Side, Touch, Side Touch

1&2! turn R stepping L to L side and bump hip to L (1), Lift R hip up (&), Bump to L (2) 12:00

&3&4 Step R next to L (&), Cross L over R (3), Step R to R (&), Cross L over R (4) 12:00

5 - 6 Step R to R side (5), Touch L next to R (6) 12:00

7 - 8 Step L to L side (7), Touch R next to L (8) 12:00

****The Restart is going to be in wall 1 after 16 counts**

[17 - 24] Cross, Side, Heel, Together, (2x), Step fwd, R heel out & back, L heel out & back, Pop chest fwd & back,

1&2& Cross R over L (1), Step L to L side (&), R heel in R diagonal (2), Step R next to L (&) 12:00

3&4& Cross L over R (3), Step R to R side (&), L heel in L diagonal (4), Step L next to R (&) 12:00

5&6& Step R forward (5), Swivel R heel to R (&), Recover heel back (6), Swivel L heel to L (&)
12:00

7&8 Recover heel back (7), Pop chest forward (&), Recover chest back (weight ends on L) (8)
12:00

[25 - 32] Coaster step, Mambo $\frac{1}{2}$ turn L, $\frac{3}{4}$ turn L, Scuff, Out out

1&2 Step R backwards (1), Step L next to R (&), Step R forward (2) 12:00

3&4 Step L forward (3), Recover on R (&), " turn L stepping L forward (4) 6:00

5 - 6" turn L stepping R back (5), ! turn L stepping L to L side (6) 9:00

7&8 Scuff R forward (7), Step R out (&), Step L out (8) 9:00

RESTART