

Hips and Heels

LINEDANCE.COM

Count: 48

Wall: 4

Level: Intermediate

Choreographer: Jessica Devlin, Layla Stock – May 2020

Music: Nails, Hair, Hips, Heels – Todrick Hall (clean Version)

Notes: Tag after walls 1 & 4 - Restart after wall 3 (after 16 counts)

Intro - 16 counts

[1-8] Walk x2, Out - Out, In, Touch, Step Hitch, Weave ¼ turn

- 1, 2** Walk Forward RF [1], Walk Forward LF [2]
- &3&4** Step RF to L side [&], Step LF to R side [3], Step RF in place [&], Touch LF next to RF (angling body to 1:30) [4]
- 5, 6** Step LF Forward (to 1:30) [5], Hitch L Knee [6]
- 7&8** Step RF behind LF [7], Making ¼ turn (over R Shoulder) Step LF Forward [&], Step RF Forward [8]

[9-16] Walk x3, Triple Step, Rock, Recover, Back Touch

- 1, 2, 3** Walk Forward LF [1], Walk Forward RF [2], Walk Forward LF [3]
- 4&5** Step RF Forward [4], Close LF next to RF [&], Step RF Forward [5]
- 6, 7&8** Rock Forward on LF [6], Recover Weight onto RF [7], Step LF back [&], Touch RF next to LF[8]

RESTART HERE ON WALL 3

[17- 24] Back Touch x2, Ball Cross, Hold, Weave

- 1, 2** Step RF back [1], Touch LF next to RF [2]
- 3, 4** Step LF back [3], Touch RF next to LF [4]
- &5, 6** Step RF to L side [&], Cross LF over L [5], Hold [6]
- &7&8** Step RF to L side [&], Step LF behind RF [7], Step RF to L side [&], Cross LF over RF [8]

[25-32] Step Touch, Triple ¼ turn, step ½ turn, walk x2

- 1, 2** Step RF to L side [1], Touch LF behind RF (click L hand to L side) [2]
- 3 & 4** Making ¼ turn (over R Shoulder) Step LF Forward [3], Close RF next to LF [&], Step LF Forward [4]

5, 6 Making ½ turn (over R Shoulder) Step RF Forward [5], transferring weight onto LF [6]

7, 8 Walk Forward RF [7], Walk Forward LF [8]

[33-40] Heel Grinds x2, side triple, Cross rock and step, kick, jump out - in

1, 2 Step RF to L side - push onto R heel (fanning toes R to L) [1] , Step LF to R side - push onto L heel(fanning toes L to L) [2]

3&4 Step RF to L side [3], Close LF next to RF [&], Step RF to LF [4]

5&6 Cross Rock LF over RF [5], Recover weight onto RF [&], Step LF to R side [6]

7&8 Kick RF Forward [7], Jump both feet apart [&], Jump both feet together [8]

[41-48] Heel Touches x2, Side Rock Hitch, Run x2 Hitch, Step Kick, Step ¼ Kick

1&2& Touch L heel Forward [1], Close RF next to LF [&], Touch R heel Forward [2], Close LF next to RF [&]

3&a4Rock RF to L side(Hitching R knee) [3], Recover weight to LF [&], Close RF next to LF [a], Step RF to R side, drop onto LF Hitching L knee [4]

5, 6 Step RF to L side [5], Kick LF to R diagonal (Clicking L arm above head) [6]

7, 8 Step LF to R side (making ¼ turn over L shoulder) [7], Kick RF Forward (Clicking R arm above head) [8]

TAG (8 Counts) * AFTER WALLS 1 & 4 *

[1-8] Out, Out, Body Dip, Touch, knee pop, Coaster Step

1, 2 Step RF to L side [1], Step LF to R Side [2]

3, 4 Dip Body from L - R (making a semi circle with body) changing weight to LF [3, 4]

5, 6 Touch RF next to LF [5], Change weight to RF (popping R Knee) [6]

7&8 Step RF back [7], Close LF next to RF [&], Step RF Forward [8]

End of dance - Enjoy

Love Jessica & Layla

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