

HAY QUE LINDA

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Count: 64

Wall: 2

Level: intermediate

Choreographer: Johnny T. Darl

Music: Hay Que Linda by Dreamhouse

Walls 1,3,4,5,7 are 64 counts; walls 2 and 6 are 48 counts

SHIMMY FORWARD, HALFTURN, SHIMMY FORWARD

- 1 Step forward on left foot (bending knees slightly down)
- &2&3&4 Shimmy shoulders forward and upward (as knees straighten up)
- & Pushing back off left foot, make $\frac{1}{2}$ turn left on ball of right foot
- 5 Step forward on left foot (bending knees slightly down)
- &6&7&8 Shimmy shoulders forward and upward (as knees straighten up)

ROCK FORWARD AND BACK, STEP BACK, HOLD, PIVOT, HOLD, SHUFFLE

- 9 Rock forward onto right foot
- 10 Rock back onto left foot
- 11 Step right foot back
- 12 Hold
- 13 Pivot $\frac{1}{2}$ turn to right on balls of both feet
- 14 Hold
- 15&16 Left shuffle forward with right lock step behind left (left, right-lock, left)

TRAVELING HIP BUMPS, ROCK FORWARD AND BACK

- 17&18 Step right foot forward and diagonally right while bumping hips forward, back, forward
- 19&20 Step left foot forward and diagonally left while bumping hips forward, back, forward
- 21&22 Step right foot forward and diagonally right while bumping hips forward, back, forward
- 23 Rock forward onto left foot
- 24 Rock back onto right foot

STEP BACK AND HOOK, HOLD, UNWIND, SCOOT BACKWARDS

- 25 Step left foot slightly back and hook behind right foot
- 26 Hold

- 27 Unwind $\frac{3}{4}$ turn to left
- 28 Hold
- 29 Hitch right knee and scoot back on left foot
- & Lower right foot to ground
- 30 Hitch left knee and scoot back on right foot
- & Lower left foot to ground
- 31 Hitch right knee and scoot back on left foot
- 32 Touch right foot to ground

You may also "mashed potato" backwards on counts 29-32

KNEE ROLL, SLIDE TO RIGHT, TURN, HOLD, BODY ROLL

- 33-34 Roll right knee to the right
- 35 Slide right foot to right side
- & Slide left next to right
- 36 Slide right foot to right side
- 37 Step left foot forward and into a $\frac{1}{4}$ right turn
- 38 Hold
- 39&40 Body roll; bend knees slight as to start sitting down, pull rear end back slightly at the same time pushing chest slightly forward, stand up as you roll chest upward

STEP BACK, HOLD, STEP BACK, PIVOT, TURN, HIP BUMPS, TURN, HIP BUMPS, TURN

- 41 Step left foot backward
- 42 Hold
- 43 Step right foot back
- 44 Pivot $\frac{1}{2}$ turn to right on balls of both feet
- & Step left foot forward into right $\frac{1}{4}$ turn
- 45&46 Bump hips left, right, left
- & Pivot right $\frac{1}{2}$ turn on ball of left foot
- 47&48 Bump hips right, left, right
- & Pivot $\frac{1}{4}$ right turn on ball of right foot

Walls 2 and 6 end here. Begin with counts 1-8 again

STEP FORWARD, HOLD, BODY ROLL, STEP BACK, HOLD, STEP BACK, PIVOT

- 49 Step left foot forward
- 50 Hold
- 51&52 Body roll; bend knees slight as to start sitting down, pull rear end back slightly at the same time pushing chest slightly forward, stand up as you roll chest upward
- 53 Step left foot backward
- 54 Hold
- 55 Step right foot back
- 56 Pivot $\frac{1}{2}$ turn to right on balls of both feet

KNEE ROLL, KNEE ROLL, TURN, TURN, HOOK, UNWIND

- 57-58 Touch left foot slightly forward and roll left knee to the left
- & Step down on left foot
- 59-60 Touch right foot slightly forward and roll right knee to the right
- 61 Step right foot forward into a right $\frac{1}{4}$ turn
- 62 Step back onto left foot continuing with another right $\frac{1}{4}$ turn
- 63 Hook right foot behind left
- 64 Unwind $\frac{1}{2}$ turn to right on balls of both feet (transfer weight to right foot)

REPEAT