

# HIPPY HIPPY SHAKE

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**Count:** 32                      **Wall:** 4                      **Level:** Beginner

**Choreographer:** Irene Groundwater

**Music:** Hippy Hippy Shake by The Georgia Satellites

**Choreographed for all the people who love to swing their hips. Start dance with feet shoulder width apart (2nd position)**

## **LEFT HIP - RAISE - LOWER - RAISE, HOLD, RIGHT HIP - RAISE - LOWER - RAISE, HOLD**

**1-2-3-4**            Raise left hip to left, lower left hip, raise left hip to left, hold

**5-6-7-8**            Raise right hip to right, lower right hip, raise right hip to right, hold

### **Optional arms**

**1**                    Swing arms left

**2**                    Lower arms

**3**                    Swing arms left

### **And**

**5**                    Swing arms right

**6**                    Lower arms

**7**                    Swing arms right

## **LEFT HIP - RAISE - LOWER, RIGHT HIP - RAISE - LOWER, GRIND HIPS (4 COUNTS)**

**9-10-11-12**      Raise left hip to left, lower left hip, raise right hip to right, lower right hip

**13-14-15-16**    Grind hips - making circular movements to the left for 4 counts

### **Optional arms**

**9**                    Swing arms left

**11**                  Swing arms right

**13**                  Raise arms in front of body, waist high, for 4 counts

## **RIGHT SKATE FORWARD, LEFT SKATE FORWARD**

**17-18**            Right diagonal forward, step left beside right

**19-20**            Right diagonal forward, touch left toe beside right instep

- 21-22 Left diagonal forward, step right beside left  
23-24 Left diagonal forward, touch right toe beside left instep

### **RIGHT SKATE FORWARD, LEFT SKATE FORWARD**

- 25-26 Right diagonal forward, step left beside right  
27-28 Right diagonal forward, touch left toe beside right instep  
29-30 Left diagonal forward, step right beside left  
31-32 Left diagonal forward, touch right toe beside left instep

### **BACK, BACK, BACK, KICK, BACK, BACK, BACK, KICK**

- 33-34 Right back, left back  
35-36 Right back, kick left forward  
37-38 Left back, right back  
39-40 Left back, kick right forward

#### **Optional arms**

- 36 Push arms forward waist high for 1 count  
40 Push arms forward waist high for 1 count

### **SIDE, SHIMMY, SHIMMY, TOUCH, ¼ TURN LEFT, SHIMMY, SHIMMY, SIDE**

- 41-42-43-44 Side step right, shimmy for 2 counts, touch left toe beside right instep  
45 Pivot ¼ turn left on right ball and side step left  
46-47-48 Shimmy for 2 counts, side step right

#### **Option**

- 44 Clap hands forward waist high  
48 Clap hands forward waist high

### **REPEAT**

**On final dance round for both versions of the song, dance counts 1 to 16 then continue grinding hips until music stops.**