

BODY MOVES

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Count: 48

Wall: 2

Level: intermediate hip hop

Choreographer: Tina Riley

Music: One, Two Step by Ciara

GRAPEVINE RIGHT WITH SYNCOPATED HITCH KICKS

- 1-2** Step right foot to right side, left cross step behind right
- &3&** Step right foot to right side, tap your left heel forward, step back left into place
- 4&5&** Right cross in front of left, step back with left foot, tap your right heel forward, step back right into place
- 6&7&** Left cross in front of right, step back with right foot, tap your left heel forward, step back left into place
- 8** Right cross over left (weight ends lefts)

UNWIND ½ TURN LEFT, SIDE MAMBO'S, STEP FORWARD ½ TURN LEFT

- 1-2** Unwind ½ turn left for two counts (weight ends left, facing 6:00)
- 3&4** Rock right to right side, rock back onto left, step right next to left (weight ends right)
- 5&6** Rock left to left side, rock back onto right, step left next to right (weight ends left)
- 7-8** Step forward right, ½ pivot turn left (weight ends left, facing 12:00)

STEP FORWARD AT SLIGHT ANGLE RIGHT, LOCK STEP, HIP BUMPS, STEP FORWARD AT SLIGHT ANGLE LEFT, LOCK STEP, HIM BUMPS

- 1-2** Step forward right at angle, lock left behind right (weight ends right)
- 3&4** Bump hips right, left, right
- 5-6** Step forward left at angle, lock right behind left (weight ends left)
- 7&8** Bump hips left, right, left

GRAPEVINE RIGHT WITH HEEL, & CROSS, ¼ LEFT WITH HIP BUMPS

- 1-2** Step right to right side, step left behind right
- &3** Step right foot to right side, tap your left heel forward
- 4** Hold
- &5** Step left back into place, right cross over left

- 6 Hold (weight ends left)
- 7-8 Unwind $\frac{1}{4}$ left and bump hips twice to the right (facing 9:00)

GRAPEVINE LEFT WITH HEEL, & CROSS, $\frac{1}{4}$ RIGHT WITH HIP BUMPS

- 1-2 Step left to left side, step right behind left
- &3 Step left foot to left side, tap your right heel forward
- 4 Hold
- &5 Step right back into place, left cross over right
- 6 Hold
- 7-8 Unwind $\frac{1}{4}$ right and bump hips twice to the left (facing 12:00)

STEP FORWARD RIGHT, STEP FORWARD LEFT, BACK CROSS SIDE, BACK CROSS UNWIND $\frac{1}{2}$ TURN LEFT

- 1-2 Step forward right at 45-degree angle, touch left next to right
- 3-4 Step forward left at 45-degree angle, touch right next to left (leave weight on left)
- &5-6 Step back right, left cross over right, step side right to right
- &7 Step back left, right cross over left
- 8 Unwind $\frac{1}{2}$ turn left (weight ends left at 6:00)

REPEAT