

## Hips Start Shakin'

Phrased, 4 wall, intermediate level

Choreographer: M.T.Groove (UK) April 2005

Choreographed to: Dirty Dancing by Black Eyed

Peas, Dirty Dancing 2 Soundtrack CD

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Start on Vocals

Sequence: AB AAB AB AA A to count 16& B AB AB (continue B to home wall)  
(don't be put off - sequence is easy)!

### **PART A: (32 Counts).**

#### **HIP WALKS R,L, ROCK & CROSS, TURN ¼ TURN ¼ STEP, STEP PIVOT ¼.**

- 1-2 Use your hips and roll your Knees out as you walk R.L.  
3&4 Rock R to R side, Recover L, Cross R over L.  
5&6 Make ¼ turn R as you step back L, Make ¼ turn R step R to side, Step forward L.  
7-8 Step forward R, Pivot ¼ turn L. (weight on L).

#### **FULL TURN (LEFT) POINT, TOUCH TOUCH, & CROSS UNWIND ½, SWIVELS ¼ TURN.**

- 1&2 Make a full turn travelling L stepping R.L, Point R to R side. ( you've completed a full turn).  
3-4 Touch R across and in front of L, touch R to R side.  
&5-6 Step R in place, Cross L over R, Unwind ½ turn R.  
7&8 Make a ¼ turn L swivelling heels R,L,R. (weight ends up on R).

#### **& ROCK RECOVER, HEELS TOES HEELS, SIDE ROCK HITCH CROSS, HOLD BACK BACK.**

- &1-2 Step L in place, Rock forward R, Recover L.  
3&4 Step R heel next to L heel with toes pointing out(3), Bring toes in – heels go out(&),  
Move toes out so heels are together(4). You travel slightly R with counts 3&4.  
5&6 Rock L to L side, Hitch L knee as you recover R, Cross L over R.  
7&8 Hold for count 7, Step back R,L for counts & 8.

#### **LOOK R,L, SAILOR ¼ TURN, STEP TOUCH, STEP TOUCH.**

- 1-2 Turn head to the R, Turn Head to the L.  
3&4 Step L behind R, Step R to R side as you ¼ turn L, Step L to L side .  
5-6 Step R to R side, Touch L next to R. (Body roll to R side if you wish).  
7-8 Step L to L side, Touch R next to L.. (Body roll to L side if you wish).

### **PART B: (16 Counts).**

#### **WALK R,L, STEP PIVOT ¼ TURN L. (give it some freestyle during part B)!!!**

- 1-2 Walk R, L.  
3-4 Step forward on R, Pivot ¼ turn to your L. (weight ends up to L).

Repeat counts 1-4 another 3 times – you will have completed a full turn.

**Keep Smiling and remember!!!! Don't just move it – Groove it!!!!**