

## Move UR Hips N Don't Hold Back

64 Count, 2 Wall, Intermediate

Choreographer: Rep Ghazali (Scotland) March 2009

Choreographed to: Muevelo by Los Super Reyes  
(121 bpm)

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64 count intro from heavy beat (39sec)

- 01-08 RUMBA BOX, BACK-BACK, COASTER STEP**  
1&2 step Right to Right side, step Left together, step Right forward  
3&4 step Left to Left side, step Right together, step back Left  
5-6 sweep and step Right behind Left, sweep and step Left behind Right  
7&8 step back Right, step Left together, step forward Right (12)
- 09-16 SHUFFLE FORWARD, STEP-¼ TURN-CROSS, BACK-TOUCH, HIPS BUMP**  
1&2 step forward Left, step Right together, step forward Left  
3&4 step forward Right, ¼ pivot Left, cross Right over Left (9)  
5-6 big step back on Left, slide Right toward Left and touch across Left  
7-8 with weight on Left hips bump forward and back
- 17-24 SHUFFLE FORWARD, STEP-½ TURN-STEP, FORWARD MAMBO, BACK MAMBO TOUCH**  
1&2 step forward Right, step Left together, step forward Right  
3&4 step forward Left, ½ pivot turn Right, step forward Left (3)  
5&6 rock forward Right, recover on Left, step forward Right  
7&8 rock forward Left, recover on Right, touch Left beside Right (3)
- 25-32 SIDE ROCK-RECOVER, BEHIND-SIDE-CROSS, SIDE ROCK- ¼ TURN FLICK, SHUFFLE FORWARD**  
1-2 side rock Left to Left, recover on Right  
3&4 step Left behind Right, step Right to Right side, cross Left over Right  
5-6 rock Right to Right side, recover on Left making ¼ turn Left and flick back on Right (12)  
7&8 step forward Right, step Left together, step forward Right (12)
- 33-40 FULL TURN, SHUFFLE FORWARD, ROCK FORWARD-RECOVER, ROCK-RECOVER-½ TURN**  
1-2 ½ turn Right by stepping back Right, ½ turn Right by stepping forward Left  
3&4 step forward Right, step Left together, step forward Right  
5-6 rock forward Left, recover on Right  
7&8 rock forward Left, recover on Right, ½ turn Right by stepping forward Left (6)
- 41-48 FORWARD MAMBO, BACK MAMBO TOUCH, CROSS-BACK, TWIST-TWIST-HOOK**  
1&2 rock forward Left, recover on Right, step forward Left  
3&4 rock forward Right, recover on Left, touch Right together  
5-6 cross Right over Left, step back Left  
7&8 twist to Left on both feet, twist back to centre, hook up on Right (6)
- 49-56 ½ TURN-HOOK, STEP-LOCK, LOCK-AND-LOCK, STEP- ½ PIVOT**  
1-2 ½ turn Left by stepping back on Right, hook up on Left (12)  
3-4 step forward Left, lock Right behind Left  
5&6 step forward Left, lock Right behind Left, step forward Left  
7-8 step forward Right, ½ pivot turn Left (6)
- 57-64 KICK BALL POINT, TOES SIDE SWITCHES, AND- HEEL FORWARD-AND-TOE BACK, HIPS ROLL**  
1&2 kick forward on Right, step back Right, point Left to left side  
&3&4 step Left together, point Right to Right side, step Right together, point Left to Left  
&5&6 step Left together, touch Right heel forward, step Right together, touch Left toe back  
7-8 with weight on Right: hips roll for 2 count anticlockwise rotation (ending weight on Left) (6)
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