

## Moving Hips

32 Count, 4 Wall, Improver

Choreographer: Frank Trace (USA) July 2014

Choreographed to: Moviendo Caderas by Yandel & Daddy Yankee

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Begin after 64 counts on the strong beat.

### **RIGHT SIDE MAMBO, LEFT SIDE MAMBO, FORWARD MAMBO, BACK MAMBO**

- 1&2 Rock R to right side, recover onto L, step R next to L
- 3&4 Rock L to left side, recover onto R, step L next to R
- 5&6 Rock R forward, recover onto L, step R next to L
- 7&8 Rock L back, recover onto R, step L next to R

### **WALK, WALK, SHUFFLE FORWARD, ROCK, RECOVER, SHUFFLE BACK**

- 1-2 Walk forward R, L
- 3&4 Shuffle forward stepping R-L-R
- 5-6 Rock forward on L, recover onto R
- 7&8 Shuffle back stepping L-R-L

### **STEP BACK, HEEL, STEP BACK, HEEL, STEP, STEP, SYNCOPADED HIP SWIVELS**

- 1-2 Step back on R, touch L heel diagonally forward left
- 3-4 Step back on L, touch R heel diagonally forward right
- 5-6 Step R slightly back, step L next to R
- 7&8 Syncopated hips swivels counter clockwise twice (weight ends on left)

### **¼ TURN HIPS ROLLS (X3), CROSS STEP, STEP BACK**

- 1-2 Step R forward, pivot (hip roll counter clockwise) ¼ turn (9:00)
- 3-4 Step R forward, pivot (hip roll counter clockwise) ¼ turn (6:00)
- 5-6 Step R forward, pivot (hip roll counter clockwise) ¼ turn (3:00)
- 7-8 Step R over L, step L back

**ENDING** At the end of the song the beat stops, but Yandel still sings.  
Finish out the last 8 counts of the dance (Hip Rolls) to finish at the front wall.