

## Twist My Hips

32 Count, 4 Wall, Improver

Choreographer: Daniel Trepát (Netherlands) Dec 2012

Choreographed to: Twist My Hips by Tim James & Nevermind

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Intro: 16 counts from first beat in music (app. 8 seconds into track)

**1-8 Hip Bumps Up With 1/4 Turn L, Rocking Chair, Step, Close, Shuffle Fwd**

- 1& 1/8 turn L raising right knee up bumping your right hip up as well (1), Lower knee & hip (&  
2& 1/8 turn L raising right knee up bumping your right hip up as well (2), Lower knee & hip (&) 9:00  
3&4& Rock R fwd (3), Recover on L (&), Rock R back (4), Recover on L (&) 9:00  
5-6 Step R fwd (5), Step L next to R (6) 9:00  
7&8 Step R forward (7), Step L next R (&), Step R forward (8) 9:00

**9-16 1/4 Turn R With 2 Hip Bumps, Cross Shuffle, Side, Touch, Side Touch**

- 1&2 1/4 turn R stepping L to L side and bump hip to L (1), Lift R hip up (&), Bump to L (2) 12:00  
&3&4 Step R next to L (&), Cross L over R (3), Step R to R (&), Cross L over R (4) 12:00  
5-6 Step R to R side (5), Touch L next to R (6) 12:00  
7-8 Step L to L side (7), Touch R next to L (8) 12:00

**\*\*Restart** in Wall 1 after 16 counts

**17-24 Cross, Side, Heel, Together, (2x), Step Fwd, R Heel Out & Back, L Heel Out & Back, Pop Chest Fwd & Back**

- 1&2& Cross R over L (1), Step L to L side (&), R heel in R diagonal (2), Step R next to L (&) 12:00  
3&4& Cross L over R (3), Step R to R side (&), L heel in L diagonal (4), Step L next to R (&) 12:00  
5&6& Step R forward (5), Swivel R heel to R (&), Recover heel back (6), Swivel L heel to L (&) 12:00  
7&8 Recover heel back (7), Pop chest forward (&), Recover chest back (weight ends on L) (8) 12:00

**25-32 Coaster Step, Mambo 1/2 Turn L, 3/4 Turn L, Scuff, Out Out**

- 1&2 Step R backwards (1), Step L next to R (&), Step R forward (2) 12:00  
3&4 Step L forward (3), Recover on R (&), 1/2 turn L stepping L forward (4) 6:00  
5-6 1/2 turn L stepping R back (5), 1/4 turn L stepping L to L side (6) 9:00  
7&8 Scuff R forward (7), Step R out (&), Step L out (8) 9:00