



Twist Your Hips

32 Count 2 Wall Low Intermediate Level Dance.

Choreographed by: Jean-Pierre Madge (CH) & Junghye Yoon (KOR) Nov 2023

Choreographed to: Shackles by Steven Rodriguez

Intro: 16 Counts. Start at approx 11 secs.

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SEC 1 WALK, WALK, ANCHOR STEP SWEEP, BACK, PRESS, BACK KICK FLICK

- 1-2 Step R forward, Step L forward
- 3&4 Step R behind L, Step L on place, Step R back and Sweep L around
- 5-6 Step L back, Press R forward
- 7&8 Step R back, Kick L to L diagonal, Step L next to R and flick R to R diagonal back

Restart Here on Walls 2 and 5

SEC 2 CROSS, SIDE, SAILOR ¼, STEP TOUCH, STEP TOUCH, STEP TOGETHER STEP

- 1-2 Cross R over L, Step L to L side
- 3&4 Cross R behind L, ¼ R Step L next to R, Step R forward (3:00)
- 5&6& Step L to L diagonal, Touch R next to L, Step R to R diagonal, Touch L next to R
- 7&8 Step L to L diagonal, Step R next to L, Step L to L diagonal

SEC 3 STEP, TWIST HEELS, ½ ROLLING HIPS, STEP ¼ SIDE, BALL CROSS

- 1-2& Step R forward, Twist both heels to R, Twist both heels back weight is on your L
- 3-4 Bend both knees and pivot ½ L, straighten up both knees, keep weight on L (9:00)
- Styling** Push your hips backward while turning ½ L as the lyrics say "She twists her hips"
- 5-6 Step R forward, ¼ R big Step L to L side (12:00)
- 7&8 Drag R next to L, Step R next to L, Cross L over R

SEC 4 BACK BACK CROSS, BACK BACK CROSS, BOUNCE HEELS ½, BACK ROCK

- 1&2 Step R back, Step L back to L diagonal, Cross R over L body facing L diagonal (10:30)
- 3&4 Step L back, Step R back to R diagonal, Cross L over R body facing R diagonal (1:30)
- 5-6 Bounce heels twice as you unwind ½ R weight on L (6:00)
- 7-8 Rock R back, Recover

