

Move UR Hips N Don't Hold Back

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Rep Ghazali (SCO) - March 2009

Music: Muevelo - Los Super Reyes

Intro: 64 count intro from heavy beat (39sec)

(1-8) 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)

(9-16) SHUFFLE FORWARD, STEP-¼ TURN-CROSS, BACK-TOUCH, HIPS BUMP

1&2 s tep 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 back Right
7&8 rock back 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 Left, ½ turn Right by stepping forward Right
3&4 step forward Left, step Right together, step forward Left
5-6 rock forward Right, recover on Left
7&8 rock forward Right, recover on Left, ½ turn Right by stepping forward Right (6)

(41-48) FORWARD MAMBO, BACK MAMBO TOUCH, CROSS-BACK, TWIST-TWIST-HOOK

1&2 r ock forward Left, recover on Right, step back Left
3&4 rock back 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)