



**COUNTRY PLUS**

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ASCAP/WMJ Licensed

*Specializing in  
Line Dancing &  
Couples Flow Dancing  
To All Types of Music*

- Weekly Classes
- Weekly Dances
- Beginner Lessons
- Intermediate Lessons
- Partner Lessons
- D.J. Service

## Moving Hips

Choreographed by Frank Trace

**Description:** 32 count, 4 wall, low intermediate line dance  
**Music:** **Moviendo Caderas** by Yandel Feat. Daddy Yankee  
**Fireball** by Pitbull (Feat John Ryan)  
Preview/purchase music

Intro: 64

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

- 1&2 Right side mambo step  
3&4 Left side mambo step  
5&6 Right forward mambo step  
7&8 Left back mambo step

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

- 1-2 Step right forward, step left forward  
3&4 Chassé forward right-left-right  
5-6 Rock left forward, recover to right  
7&8 Chassé back left-right-left

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

- 1-2 Step right back, touch left heel diagonally forward  
3-4 Step left back, touch right heel diagonally forward  
5-6 Step right slightly back, step left together  
7&8 Hold for 2 counts (swivel hips to the left twice) (weight to left)

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

- 1-2 Step right forward, turn ¼ left (weight to left) (use hips) (9:00)  
3-4 Step right forward, turn ¼ left (weight to left) (use hips) (6:00)  
5-6 Step right forward, turn ¼ left (weight to left) (use hips) (3:00)  
7-8 Cross right over, step left back

### **REPEAT**

### **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*

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