

Hip Hug Her

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CD: Hip Hug Her, Track 1 Artist: Booker T and the MG's

Availability: MP3 from Amazon & Others CD from Amazon

Download Link: Amazon https://smile.amazon.com/dp/B001226L9E/ref=dm_ws_tlw_trk1

Footwork: Opposite unless noted (Woman's Footwork in parentheses) Difficulty Level – Moderate

Rhythm: Cha Cha Level: RAL Phase IV + 1 (Op Hip Twist)

Timing: Standard unless noted. Time @ 45 RPM 2:26 Speed as Downloaded

Sequence: Intro-A-B-C-A-D-E-End Released: July 1, 2019

Meas

INTRODUCTION

1 - - 4 BFLY WALL WAIT 1; SLOW SD, DR, CL;

- 1** BFLY Wall Lead Ft free wait 1;
- 2** [Slow Sd. Dr, Cl] Sd L, draw R to L,, cl R;

PART A

1 - - 4 CIRCLE CHA;; BASIC;;

- 1 – 2** [Circle Cha] Comm LF circle moving away from Ptr fwd L, fwd R, fwd L/fwd R, fwd L; Cont LF circle starting bk twd Ptr fwd R, fwd L, fwd R/fwd L, fwd R to Bfly;
- 3 – 4** [Basic] Fwd L, rec bk R, bk & sd L/cl R, bk & sd L; Bk R, rec fwd L, sd & fwd R/cl L, sd & fwd R;

PART B

1 - - 4 NEW YORKER; CRAB WKS;; SPOT TRN;

- 1** [New Yorker] Swiveling on rt ft commence RF trn & stp thru L with straight leg trng to a sd by sd position, rec R to fc ptr, sd L/cl R, sd L to BFLY;
- 2 - 3** [Crab Wks] Maintaining BFLY pos XRIF, sd L, XRIF/sd L, XRIF; sd L, XRIF, sd L/cl R, sd L;
- 4** [Spot Trn] Commence LF trn XRIF trng ½, rec L complete trn to fc ptr, sd R/cl L, sd R;

5 - - 8 CRAB WKS RLOD;; FENCELINE 2X;;

- 5 – 6** [Crab Wks Lft Ft Ld] Maintaining BFLY pos XLIF, sd R, XLIF/sd R, XLIF; sd R, XLIF, sd R/cl L, sd R;
- 7 – 8** [Fenceline 2X] In Butterfly cross lunge thru L with bent knee looking in the direction of lunge keeping upper bodies fcng, rec R trng to fc ptr, sd L/cl R, sd L; Still In Butterfly cross lunge thru R with bent knee looking in the direction of lunge keeping upper bodies fcng, rec L trng to fc ptr, sd R/cl L, sd R;

9 - - 12 ½ BASIC; UNDERARM TRN; LARIAT;;

- 9** [1/2 Basic] Fwd L, rec bk R, bk & sd L/cl R, bk & sd L;
- 10** [Underarm Trn] Raising joined lead hnds trn body slightly RF & XRIB, rec L squaring body to fc ptr, sip R/ L, R (XLIF under joined lead hands commence ½ RF trn, rec R complete RF trn to fc ptr, sd L/cl R, sd L to M's rt sd;);
- 11 – 1 2** [Lariat] Rk sd L, rec R, in place L/R, L; Rk bk R, rec L, in place R/L, R (Circle M clockwise with joined ld hnds fwd R, fwd L, fwd R/cl L, fwd R; Fwd L, fwd R, fwd L/cl R trng to fc ptr, sd L;); to Bfly;

13 – 16 REV UNDERARM TRN; UNDERARM TRN; SHLDR TO SHLDR 2X;;

- 13** [Rev Underarm Trn] Raising joined lead hnds XLIF of R, rec R, sd L/cl R, sd L (XRIF under joined lead hnds commence ½ LF trn, rec L complete LF trn to fc ptr, sd R/cl L, sd R);
- 14** [Underarm Trn] Raising joined lead hnds trn body slightly RF & XRIB, rec L squaring body to fc ptr, sd R/cl L, sd R (XLIF under joined lead hands commence ½ RF trn, rec R complete RF trn to fc ptr, sd L/cl R, sd L;);
- 15 – 16** [Shldr to Shldr] From Bfly Pos fwd L to Bfly SCAR, rec R to fc, sd L/cl R, sd L (Bk R to Bfly SCAR, rec L to fc, sd R/cl L, sd R;); Still in Bfly Pos fwd R to Bfly BJO, rec L to fc, sd R/cl L, sd R (Bk L to Bfly BJO, rec R to fc, sd L/cl R, sd L;); [Shldrs should remain parallel throughout these figures]

PART C

1 - - 4 NEW YORKER; CRAB WK ½; SLOW VINE 4; SD, DR, CL;

- 1** [New Yorker] Swiveling on rt ft commence RF trn & stp thru L with straight leg trng to a sd by sd position, rec R to fc ptr, sd L/cl R, sd L to BFLY;
- 2** [Crab Wks Rt ½] Maintaining BFLY pos XRIF, sd L, XRIF/sd L, XRIF;
- 3** [Slow Vine 4] Sd L, XRIB, sd L, XRIF;
- 4** [Slow Sd, Dr, Cl] Sd L, draw R to Lft,, cl R;

REPEAT PART A**PART D****1 - - 4 OP HIP TWIST; FAN; ALEMANA;;**

- 1** [Op Hip Twist] Ck fwd L, rec R, small bk L/cl R, cl L holding lft arm firmly to body causing W to trn (Rk bk R, rec L, fwd R/fwd L, fwd R swivel ¼ RF on R);
- 2** [Fan] Bk R, rec L, sd R/cl L, sd R (Fwd L comm trng ½ LF step sd & bk R completing trn, bk L/lk R in front, bk L leaving R extended fwd w/no weight);
- 3 - 4** [Alemana] Fwd L, rec R, sd L/cl R, sd L leading W to trn RF; bk R, rec L, small sd R/cl L, sd R (Cl R, fwd L, fwd R/fwd L, fwd R commence RF swivel to fc ptr; continue RF trn under joined lead hnds fwd L, continue RF trn fwd R, sd L/cl R, sd L;) leading W to M's rt sd M fcng WALL;;

5 - - 8 LARAIT ½ [M Fc COH]; FENCELINE; SHLDR TO SHLDR 2X;;

- 5** [Lariat ½ M Fc COH] Rk sd L, rec R, trn sharply LF to fc COH L/R, L (Circle M clockwise with joined ld hnds fwd R, fwd L, fwd R/cl L, fwd R) to BFLY COH;
- 6** [Fenceline] In Butterfly cross lunge thru R with bent knee looking in the direction of lunge keeping upper bodies fcng, rec L trng to fc ptr, sd R/cl L, sd R;
- 7 - 8** [Shldr to Shldr 2X] Repeat Meas 15 & 16, Part B;;

9 - - 12 CHASE W/UNDERARM PASS w/CUCARACHA END;; SLOW VINE 4; SD, DR, CL;

- 9 - 10** [Chase w/Underarm Pass w/Cucaracha End] Keeping lead hnds joined fwd L trng 1/2 RF, rec R, fwd L/cl R, fwd L (W bk R, rec L beh & to M's left side, fwd R/cl L, fwd R); Rk bk R, rec L to BFLY COH, sd R/rec L, cl R (W fwd L, fwd R trng 1/2 LF to BFLY COH, sd L/rec R, cl L) to fc Wall;
- 11** [Slow Vine 4] Sd L, XRIB, sd L, XRIF;
- 12** [Slow Sd, Dr, Cl] Sd L, draw R to Lft -, cl R;

PART E**1 - - 4 ½ BASIC; FACNG FAN LOD; RK FWD, REC, BK TRIPLE CHA;;**

- 1** [1/2 Basic] Fwd L, rec bk R, bk & sd L/cl R, bk & sd L;
- 2** [Fcng Fan] Bk R, rec L trng ¼ LF, sd R/cl L, cl R (Fwd L, trng LF step sd & bk R making ¼ trn to lft, bk L/lk R in front, bk L leaving R extended fwd w/no weight;) to LOP/LOD;
- 3 - 4** [Rk Fwd, Rec, Bk Triple Cha] Rk fwd L, rec R, bk L/lk RIF, bk L; Bk R/lk LIF, bk R, bk L/lk RIF, bk L;*

5 - - 8 RK BK, REC FWD TRIPLE CHA;; ½ BASIC; FCNG FAN COH;

- 5 - 6** [Rk Bk, Rec, Fwd Triple Cha] Rk bk R, rec L, fwd R/lk LIB, fwd R; Fwd L/lk RIB, fwd R, fwd R/lk LIB, fwd R;*
- 7** [1/2 Basic] Fwd L, rec bk R, bk & sd L/cl R, bk & sd L;
- 8** [Fcng Fan] Bk R, rec L trng ¼ LF, sd R/cl L, cl R (Fwd L, trng LF step sd & bk R making ¼ trn to lft, bk L/lk R in front, bk L leaving R extended fwd w/no weight;) to LOP/COH;

9 - - 12 CROSS BODY W/CUCARACHA END;; SLOW VINE 4; SD, DR, CL;

- 9 - 10** [Cross Body] Fwd L, rec R trng LF, [ft trnd about ¼ trn body trnd 1/8 trn] sd L/cl R, sd L (Bk R, rec L, fwd R/cl L, fwd R twd M staying on rt sd ending in an L-shaped pos;); Bk R beh L cont LF trn, rec L, sd R/rec L, cl R (fwd L commencing to trn lft, fwd R trng ½ LF, sd L/rec R, cl L;) to BFLY/WALL;
- 11** [Slow Vine 4] Sd L, XRIB, sd L, XRIF;
- 12** [Slow Sd, Dr, Cl] Sd L, draw R to Lft,, cl R;

END**1 - - 4 TWIRL 2 & CHA OP/LOD; WK 2 & CHA; CIRCLE CHA;;**

- 1** [Twirl 2 & Cha to OP] Sd L, XRIB, sd L/cl R, fwd L (Sd & fwd R trng 1/2 RF under joined hands, sd & bk L trng 1/2 RF, sd R/cl L, fwd R;) to OP/LOD;
- 2** [Wk 2 & Cha] Fwd R, fwd L, fwd R, lk RIB, fwd R;
- 3 - 4** [Circle Cha] Comm LF circle moving away from Ptr fwd L, fwd R, fwd L/fwd R, fwd L; Cont LF circle starting bk twd Ptr fwd R, fwd L, fwd R/fwd L, fwd R to BFLY/WALL;

5 - - 8 TRAVELING DOORS 2X;; CUCARACHA 2X TO CP;;

- 5 - 6** [Traveling Doors] Maintaining BFLY hold rk sd L, rec R, XLIF/sd R, XLIF; Rk sd R, rec L, XRIF/sd L, XRIF;
- 7 - 8** [Cucaracha 2X] Rk sd & slightly bk L, rec R, sip L/R, L; Rk sd & slightly bk R, rec L, sip R/L, R;

9 - - 10 SD, DR, CL; DIP, ETC;

9 [Sd, Dr, Cl] Sd L, draw R to L,, cl R;

10 [Dip] Bk L take full weight with the knee relaxed or slightly bent with slight body twist keeping R leg extended with the knee and ankle forming a straight line from the hip and the toe remaining on the floor. {Leg lift & Kiss are recommended options)

Styling Note: On all fwd & bk chas we encourage a locking action.

*** On fwd & bk triple chas, dancers may want to use alternating hands.**

Quick Cues

Hip Hug Her**(Phase IV + 1 – Cha)****(Op Hip Twist)****(Weiss)****Intro Bfly Wait 1; Slow Sd, Draw,, Cl;****A Circle Cha;; Basic;;****B New Yorker; Crab Wks;; Spot Trn;
Crab Wks RLOD;; Fenceline 2X;;
½ Basic; Underarm Trn; Lariat;;
Rev Underarm Trn; Underarm Trn; Shldr to Shldr 2X;;****C New Yorker; Crab Wk ½;
Slow Vine 4; Sd, Draw,, Cl;****A Circle Cha;; Basic;;****D Op Hip Twist; Fan; Alemana;;
Lariat ½, M Fc COH; Fenceline;; Shldr to Shldr 2X;;
Chase w/Underarm Pass w/Cucaracha End;;
Slow Vine 4; Sd, Draw,, Cl;****E ½ Basic; Fcng Fan M Fc LOD; Rk Fwd Rec Bk Triple Chas;;
Rk Bk Rec Fwd Triple Chas;; ½ Basic; Fcng Fan COH;
Cross Body to Wall w/Cucaracha End;; Slow Vine 4; Sd, Draw,, Cl;****End Twirl 2 & Cha to OP/LOD; Wk 2 & Cha; Circle Cha;;
Traveling Doors 2X;; Cucaracha 2X to CP;;
Sd, Dr, Cl; Dip, Etc;**