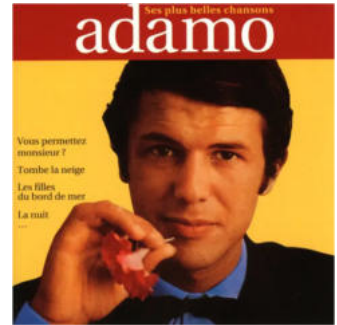


MES MAINS SUR TES HANCHE [MY HANDS ON YOUR HIP]

Music: **Adamo**
Cd: Ses Plus Belles Chansons
<https://music.apple.com/us/album/ses-plus-belles-chansons/1288084459>
Track # 5 Time 2:58 Available from choreographer
Rhythm: **Foxtrot** Phase: **V+1** (Trav Contra Check)
Footwork: **Opposite except where (Noted)**
Release Date: Jan 26
Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium
E-mail: jos.dierickx@telenet.be
Sequence : **INTRO ABC ABC C END**



INTRO

01-04 CP DLC LEAD FOOT FREE WAIT TWO MEASURES ; ; TELEMARK to SCP ; CHAIR & SLIP ;

{Wait} CP DLC Id ft free wt 2 meas ; **{Telemark to SCP}** Fwd L comm LF trn, -, sd R contg LF trn, sd & fwd L (W bk R comm LF trn bringing L ft beside R w/ no wgt, -, cont trng LF on R heel & chg wgt to L, sd & sltly fwd R) to SCP DLW ; **{Chair & Slip}** Lun thru R, -, rec L, slip R bhd L (W lun thru L, -, rec R, swvlng LF on R, slip fwd L outsd M's R ft) to CP DLC ;

PART A

01-05 OP REVERSE TURN ; BACK CHASSE/W SYNCOPATE REVERSE TWIRL to SCP ; PROMENADE WEAVE ; ; DRAG HESITATION ;

{OP Reverse Trn} Fwd L com LF trn, -, trng LF sd R, bk L compg 3/8 LF trn (W bk R comm LF trn, -, cl L [heel trn], fwd R outsd ptr) to BJO RLOD ; **{Bk Chasse /W Sync Rev Twirl to SCP}** [SQ&Q] Bk R comm LF trn comm lead W LF trn under raisd ld hnds, cont LF trn sd L/cl R, sd & fwd L (W fwd L comm LF trn under ld hnds, sd R cont LF trn/sd & fwd L, cont LF trn sd & fwd R) to SCP LOD ; **{Promenade Weave}** Fwd R, -, fwd L comm LF trn to CP, cont LF trn sd & bk R Bjo DRC (W fwd L, -, LF trn sd R to CP, comm trn sd & fwd L to Bjo) ; [SQ&Q] Bk L twd DC, bk R cont LF trn CP/cont LF trn sd & fwd L Bjo DLW, fwd R (W fwd R, fwd L twd DC cont LF trn to CP/sd & bk R Bjo, bk L) to BJO DLW ; **{Drag Hesitation}** [SS-] Fwd L trng ¼ LF, -, sd R cont trn, draw L to BJO DRC, -;

06-10 PIVOT 3 to SCP ; THRU VINE 4 ; SLOW SIDE LOCK ; DBL REVERSE SPIN to DLW ; CHANGE of DIRECTION ;

{Pivot 3 to SCP} Bk L pivot ½ RF, -, fwd R heel lead btwn W's ft cont RF trn rise & stretch rt sd, sd & fwd L to SCP LOD ; **{Thru & Chasse to SCP}** [SQ&Q] Thru R, sd to fc ptr L/cl R, fwd L to SCP LOD ; **{Slow Sd Lock}** Thru R, -, fwd & sd L risg trng LF, cl R (W thru L trng LF, -, sd R trng LF, lk Lif) to CP DLC ; **{Dbl Reverse Spin to DLW}** [S,S/W S&QQ] Fwd L comp LF trn, -, sd R cont LF trnspin LF on ball of R bringing L beside R w/ no wgt & keepg knees flexed, - (W bk R com LF trn on R heel, cont trn on R heel & cl L/sd & bk R contg trn, XLif) to CP DLW ; **{Chng of Direction}** [SS-] Fwd L, -, fwd R trng ¼ LF, draw L to CP DLC ;

PART B

01-05 CLOSED TELEMARK ; OP NATURAL ; BACK TIPPLE CHASSE PIVOT INTO OVER SPINTURN ; ; FEATHER FINISH to DLW ;

{Closed Telemark} Fwd L comm LF trn, -, fwd & sd R arnd W close to W's ft trng LF, fwd & sd L (W bk R comm LF heel trn on R heel bringing L beside R w/ no wgt, -, cont LF trn on R heel & chg wgt to L, bk & sd R) to BJO DLW ; **{OP Natural}** Fwd R btwn W's ft trng RF, -, sd L twd Wall, bk R with rt shldr lead BJO (W bk L, -, cls R heel trn, fwd L outsd M to BJO) ; **Bk Tipple Chasse Pivot & Over Spin Trn** [SQ&Q;SQQ] Bk L comm RF trn, -, cont RF trn sd R/cl L, fwd R btwn W's ft pvtg ½ RF to CP DRW ; Trng upper bdy RF bk L pvtg ½ RF & leavg R in frt, -, fwd R heel to toe btw W's ft contg RF trn, rec sd & bk L compg ¾ RF trn (W trng upper bdy RF fwd R btw M's ft pvtg ½ RF, -, bk L contg trn & brush R to L, contg RF trn sd & fwd R) to CP DRW ; **{Feather Finish DLW}** Bk R trn LF, -, sd & fwd L compg ¼ LF trn, fwd R outsd W to BJO DLW ;

06-09 WHISK ; NATURAL WEAVE ; ; HOVER TELE ;

{Whisk} Fwd L, -, sd & fwd R, XLib (W XRib) to SCP DLC ; **{Natural Weave}** Fwd R trng RF, -, sd L, bk R (W fwd L, fwd R btwn M's ft, fwd L) to BJO DRW ; [QQQQ] Bk L, bk R in CP trng LF, cont LF trn sd L, fwd R to BJO DLW ; **{Hover Tele}** Fwd L, -, fwd & sd R w/ lft shldr lead, sd & fwd L to SCP DLW ;

10-14 THRU CHASSE to SCP ; THREE IN & OUT RUNS ; ; HESITATION CHANGE ;

{Thru & Chasse to SCP} [SQ&Q] Thru R, sd to fc ptr L/cl R, fwd L to SCP LOD ; **{3 In & Out Runs}** Trng RF fwd R, -, sd & bk L, bk R (W fwd L, -, fwd R btwn M's ft, fwd L) to BJO RLOD ; Trng RF bk L, -, contg trn fwd R btwn W's ft, sd & fwd L (W trng RF fwd R, -, cont trn sd L ifo M, cont trn fwd & sd R) to SCP DLC ; Repeat meas 11 Part B ; **{Hesitation Chng}** [SS-] Trng upper bdy RF bk L, -, sd R contg RF trn, draw L to CP DLC ;

PART C

01-04 REVERSE FALLAWAY SLIP ; TRAVELING CONTRA CHECK ; HOVER CROSS ; :

{Reverse Fallaway Slip} [QQQQ] Fwd L comm LF trn, cont LF trn sd & bk R, XLib in SCP to fc DRW, risng & trng LF on L ck bk R (*W bk R, sd & bk L, XRib in SCP to fc DRW, trng LF on R toe fwd L*) to CP DLC ; **{Travelg Contra Check}** Fwd L with upper body trn to the lft, -, cl R risg to toes, fwd L (*W bk R trng RF, -, cl L risg to toes, fwd R*) to SCP DLW ; **{Hover Cross}** [SQQ; QQQQ] Fwd R twd Wall begin RF trn, -, cont RF trn sd L arnd W, cont RF trn fwd R (*W fwd L begin RF trn, -, fwd R btwn M's ft trng ½ RF, cont RF trn sd & slightly bk L backg Lod*) to LOD ; Fwd L small step on toes to DLW, rec R, trng LF & blendg briefly to CP sd L, XRif to BJO DLC ;

05-08 REVERSE WAVE 3 to CHECK & WEAVE ; ; ; CHANGE of DIRECTION ;

{Reverse Wave 3 to Check & Weave} Fwd L comm LF trn, -, sd R trng LF (*W heel trn*), bk L twd DLW to CP DRC ; [SQQ; QQQQ] Check bk R, -, rec L, sd R trng 1/8 LF ; Bk L w/ rt shldr ld to BJO trng 1/8 LF, bk R to CP contg to trn LF, sd & fwd L contg trn, fwd R to BJO DLW ; **{Chng of Direction}** Repeat meas 10 Part A ;

ENDING

01-04 DIAMOND TURN HALF ; ; QUICK DIAMOND 4 ; DIP BACK & RECOVER ;

{Diamond Trn 1/2} Fwd L, -, trng ¼ LF sd R, bk L ; Bk R, -, trng ¼ LF sd L, fwd R to BJO RDW ; **{Qk Diam 4}** [QQQQ] Fwd L stg to trn LF, sd R contg LF trn, bk L compg ¼ LF trn to BJO DLW, bk R to CP LOD ; **{Dip Bk & Rec}** [S,S] Bk L w/ flexed knee, -, rec R to CP LOD, -;

05-08 TURN LEFT & R CHASSE to BJO ; HESITATION CHANGE ; FWD & RIGHT LUNGE ; SLOW ROLL & SLIP ;

{Trn Left & R Chasse to BJO} [SQ&Q] Fwd L trng LF, -, twd LOD & risg progly sd R/cl L, bk R BJO DRC ; **{Hesitation Chng}** [SS] Trng upper bdy RF bk L, -, sd R contg RF trn, draw L to CP DLC ; **{Fwd & Right lunge}** [S,S] Fwd L, -, flexg L-knee sd & fwd R twd WALL sway rt lookg at W (*W look well lft*) , - ; **{Slow Roll & Slip}** [SS] Rec L rotatg body RF, -, swiv LF on L slip R bk undr body end CP DLC, -;

09-10 TELEMAR to SCP ; THRU to CHAIR & HOLD ;

{Telemark to SCP} Repeat meas 3 Intro ; **{Thru to Chair & Hold}** S,-,-] Thru R relax R knee both fwd poise, -, hold ;