LIPS ARE MOVIN’

Released: July 2015     Revised: September 2017 To correct typos and facing direction errors
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Music: Lips Are Movin’ by Meghan Trainor,     CD: Title Song: Lips Are Movin’ Track 11
Available as a single download from amazon.com

Time/Speed: Time @ BPM: 3:02 @ 140 as downloaded
Slow for comfort: Suggest 39 - 40.5 RPM = 120 [30 MPM] - 124 BPM [31 MPM]

Footwork: Opposite unless indicated (Woman’s footwork in parentheses)

Rhythm/Phase: Cha Cha     Phase 4+2     [Start A Natural Top, Natural Opening Out]
Degree of Difficulty: AVG

Sequence: INTRO      A   B   C   D      A   B   C   D      END

MEAS:

INTRODUCTION

1-4 BUTTERFLY MAN FCG PARTNER & WALL WAIT 2 MEAS ; ;     FENCE LINE ;     CRAB WALK 4;
1-2 {WAIT} {WAIT} BFLY M fcg ptr & WALL wait 2 meas ; ;
3 {FNC LINE} X lun thru L w/ bent knee looking to RLOD, rec R trng to fc ptr, sd L/cl R, sd L to end fcg
BFLY WALL (W X lun thru R w/ bent knee looking to RLOD, rec L trng to fc ptr, sd R/cl L, sd R end in
BFLY COH);
4 {CRB WLK 4} Xrif of L, sd L, Xrif of L, sd L (W XLrif of R, sd R, XLrif of R, sd R);
5-8 SPOT TURN TO BFLY;     SHOULDER-SHOULDER     TWICE ; ;     NEW YORKER IN 4 WITH CLOSE TO
HNDSHK;
5 {SPT TRN BFLY} Swivelung 1/4 on L foot Xrif trng 1/2 LF, rec L trng LF to fc ptr, sd R/cl L, sd R to BFLY
WALL (W Swiveling 1/4 on R foot XLrif trng 1/2 RF, rec R trn RF to fc ptr, sd L/cl R, sd L BFLY COH);
6 {SHLDR-SHLDRL} Fwd L to BFLY SCAR, rec R to fc, sd L/cl R, sd L BFLY WALL (W Bk R to BFLY
SCAR, rec L to fc, sd R/cl L, sd R BFLY COH);
7 {SHLDR-SHLDRL} Fwd R to BFLY BJO, rec L to fc, sd R/cl L, sd R BFLY WALL (W Bk L to BFLY BJO,
rec R to fc, sd L/cl R, sd L BFLY COH);
8 {NY IN 4 W/ CL HNDSHK} Swvl on R thru L, rec R swvl to fc ptr, sd L, cl R blending to HNDSHK WALL
(W Swvl on L thru R, rec L swvl to fc ptr, sd R, cl L HNDSHK COH);

PART A

1-4 CROSS BODY ; WITH REVERSE TWIRL ; SHADOW NEW YORKER ; UNDERARM TURN ;
1 {X BDY W/ REV TWRL} Fwd L, rec R trng LF, sd L/cl R, sd L toe pointing LOD (W Bk R, rec L, fwd R/lk
Lib of R, fwr L twd M staying on R sd endg in an L-shaped Position);
2 Bk R, rec L trng to fc COH raising R hnds to lead W to twrl undr R hnds, sd R/cl L, sd R; (W Fwd L, fwr
R twrlng LF undr HNDSHK, sd & fwrd L/cl R, sd L completing 1 full LF twrl to end fcg ptr & WALL);
3 {SHDW NY} In HNDSHK RF fwd L to LOD with L arm extended behind W, rec R trng LF to fc ptr, sd
L/cl R, sd L endg HNDSHK COH (W Swvl on L foot thru R, rec L swvl to fc ptr, sd R/cl L, sd R endg
HNDSHK WALL);
4 {UNDRM TRN} Raising jnd R hnds trn bdy slightly RF bk R, rec L squaring bdy to fc ptr, sd R/cl L, sd R
(W Swvl 1/4 RF on ball of R foot stp fwd L trng 1/2 RF, rec R trn 1/4 RF to fc ptr, sd L/cl R, sd L);
5-8 SHADOW NEW YORKER WITH TWIRL] ; WHIP TO WALL BFLY ; 1/2 BASIC ; SPOT TURN NO
HNDS ;
5 {SHDW NY W/ TWRL} In HNDSHK trng RF fwd L to LOD with L arm extended behind W, rec R trng LF
to fc ptr, sd L/cl R to L, trng slightly LF sd L toe pointing RLOD (W Swvl on L foot thru R, rec L twrl RF 1
full trn under HNDSHK on cha sd & fwrd R/cl L, sd R to end fcg WALL);
NOTE: W’s LF twrl can be omitted and replaced with sd cha
6 {WHP TO WALL BFLY} Bk R, rec L trng LF to fc WALL sd R/cl L, sd R end HNDSHK WALL (W Fwd L,
fwr R trng LF 1/2 to fc COH, sd L/cl R, sd L endg HNDSHK COH);
7 {1/2 BAS} Fwd L, rec R, rec L sd L/cl R, sd L (W Bk R, rec L, sd R/cl L, sd R);
8 {SPT TRN NO HNDS} Swivelung 1/4 on L foot Xrif trng 1/2 LF, rec L trng LF to fc WALL, sd R/cl L, sd R no
hnds jnd (W Swivelung 1/4 on R foot XLrif trng 1/2 RF, rec R trn RF to fc COH, sd L/cl R, sd L no hnds jnd);

PART B

1-4 RONDE CHA CHA BOX ; ; TWICE ; ;
1 {RONDE CHA CHA BOX} Rondo Lrif of R, sd R, bk L/lk Rif of L, bk L (W Rondo Rib of L, sd L, fwr R/lk
Lib of R, fwrd R);
2 Rondo Rib of L, sd L, fwrd R/lk Lib of R, fwr R (W Rondo Rif of L, sd R, bk L/lk Rif of L, bk L);
3-4 {RONDE CHA CHA BOX} Same as Part B meas 1-2 ; ;
5-8  CHASE FULL TURN  BFLY; ;  NEW YORKER IN 4 WITH CLOSE; POINT LOD & HOLD;  
   [CHS FULL TRN  BFLY] Fwd L trng 1/2 RF, fwd R trng 1/2 RF, bk L/lk Rif, bk L to fc WALL (W Bk R, rec L, fwd R/lk Lib, fwd R) ;
   Bk R, rec L, fwd R/lk L, fwd R WALL BFLY (W Fwd L trng 1/2 RF, fwd R trng 1/2 RF, bk L/lk Rif, bk L to COH BFLY) ;
   {NY IN 4 W/CL} Swvl on R thru L, rec R swvl to fc ptr, sd L, cl R (W Swvl on L thru R, rec L swvl to fc ptr, sd R, cl L) ;
   {PT LOD & HOLD} Pt L foot twd LOD & trail arm pointed RLOD, hold, -, - (W Pt R foot twd LOD & trail arm pointed RLOD, hold, -, -) ;

PART C

1-5
   1/2 BASIC TO FAN; ;  HOCKEY STICK WITH TRIPLE CHA FORWARD; ; ;
   {1/2 BAS} Fwd L, rec R, sd L/cl R, sd L (W Bk R, rec L, sd R/cl L, sd R) ;
   {FAN} Bk R, rec L leading W to trn LF 1/4, sd R/cl L, sd R (W Fwd L, trng LF sd & bk R making 1/4 trn to fc RLOD, bk L/lk Rif, bk L leaving R foot extended fwd w/ no weight) ;
   {HKY STK W/ TRPL CH FWD} Fwd L, rec R, in pl L/R, L (W Cl R, fwd L, fwd R/lk Lib, fwd R) ;
   Bk R, rec L, twd DRW fwd R/lk Lib, fwd R (W Fwd L, fwd R trng LF 1/2 fc ptr, bk L/lk Rif, bk L on a diag) ;
   Cont twd DRW fwd L/lk Rif, fwd L, fwd R/lk Lib, fwd R (W Bk R/lk Lif, bk R, bk L/lk Rif. Bk L) ;

6-8
   FORWARD RECOVER & TRIPLE BACK CP RLOD; ;  START A NATURAL TOP;  
   {FWD REC & TRPL CH BK CP RLOD} Fwd L, rec R, bk L/lk Rif, bk L (W Bk R, rec L, fwd R/lk Lib, fwd R) ;
   Bk R/lk Lif, bk R, bk L/lk Rif. bk L stp slightly to sd to cp RLOD (W Fwd L/lk Rib, fwd L, fwd R/lk Lib, fwd R to CP LOD) ;

9-12
   INTO NATURAL OPENING OUT;  TO FAN;  ALEMANA;  BFLY;  
   {NAT OPG OUT} Giving W a slight L sd lead w/ right sd stretch to open W out ck fwd L on ball of foot w/ pressure into floor & shaping to ptr, rec R w/ slight right sd lead to lead W to CP, sd L/cl R, sd L endg CP WALL (W With slight L sd stretch trn 1/2 RF bk R to RLOD, sd L sd stretch, rec L w/ L sd stretch trng 1/2 LF blending to CP, sd R/cl L, sd R endg CP COH) ;
   {FAN} Same as Part C meas 2 ;
   {ALEMANA TO BFLY} Fwd L, rec R, bk L/cl R, bk L (W Bk R, rec L, fwd R/cl L, fwd R) ;
   Bk R lead W to trn 1/2 RF, rec R lead W to trn 1/2 RF, sd R/cl L, sd R BFLY WALL (W Fwd L trng 1/2 RF undr jnd lead hnds, fwd R trng 1/2 RF undr jnd lead hnds to fc ptr & COH, sd L/cl R, sd L BFLY COH) ;
   {CRB WLK ENDG} Sd R, XLif, sd R/cl L, sd R (W Sd L, XRif, sd L/cl R, sd L) ;

PART D

1-4
   FENCE LINE KEEP LEAD HANDS;  TIME & SPOT TO NECK WRAP;  UNWRAP TO WALL BFLY;  
   {FNC LINE KEEP LEADS JND} X lun thru L w/ bent knee looking to RLOD, rec R trng to fc ptr, sd L/cl R, sd L to end fgc WALL release trail hnds keep lead hnds jnd (W X lun thru R w/ bent knee looking to RLOD, rec L trng to fc ptr, sd R/cl L, sd R end fgc COH release trail hnds keep lead hnds jnd) ;
   {TIME & SPT TO NECK WRP} XRib w/ slight RF body trn raising jnd lead hnds just to W’s chin height, rec L to Neck Wrp pos fgc RLOD, fwd R/lk Lif, bk R endg in “V” position (W Trng RF to LOD thru R, fwd R trng 1/2 LF to fc RLOD, bk L/lk Rif of L, bk L) ;
   {SWCH X} Trng LF to fc ptr bringing jnd hnds thru sd L ckg, rec R, XLif/sd R, XRif (W Trng RF to fc ptr bringing jnd hnds thru sd R ckg, rec L, XRif/sd L, XRif) ;
   {CRB WLK ENDG} Sd R, XLif, sd R/cl L, sd R (W Sd L, XRif, sd L/cl R, sd L) ;

5-8
   SPOT TURN TO HNDSHK;  TRADE PLACES TWICE;  TO BFLY;  CUCARACHA IN 4 WITH CLOSE *TO HANDSHAKE [2 Time *TO BFLY];
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5  {SPT TRN TO HNDSHK} Swvl 1/4 LF on ball of L foot thru R trng 1/2 LF, rec L trng 1/4 LF to fc ptr & WALL, sd R/cl L, sd R to HNDSHK (W Swvl 1/4 RF on ball of R foot thru L trng 1/2 RF, rec R trng 1/4 RF to fc ptr & COH, sd L/cl R, sd L to HNDSHK) ;

6  {TRADE PLCS } Rk apt L, rec R trng 1/4 RF bhd W releasing jnd R hnds to momentary TANDEM, commence trng 1/4 RF sd & bk L/cl R, comp trn to fc ptr sd & bk R to join L hnds in HNDSHK COH (W Rk apt R, rec L trng 1/4 LF in front of M releasing jnd R hnds to momentary TANDEM, commence trng 1/4 LF sd & bk R/cl L, comp trn to fc ptr sd & bk R to join L hnds in HNDSHK WALL) ;

7  {TRADE PLCS BFLY} Rk apt R, rec L trng 1/4 LF bhd W releasing jnd L hnds to momentary TANDEM, commence trng 1/4 LF sd & bk R/cl L, comp trn to fc ptr sd & bk R to BFLY WALL (W Rk apt L, rec R trng 1/4 RF in front of M releasing jnd L hnds to momentary TANDEM, commence trng 1/4 RF sd & bk L/cl R, comp trn to fc ptr sd & bk L to BFLY COH) ;

8  {CUCA IN 4 w/ CL HNDSHK} Sd L, rec R, cl L, step in place R endg *HNDSHK WALL (W Sd R, rec L, cl R, step in place L endg *HNDSHK COH) ;

*NOTE: 2nd time end in BFLY [Not HNDSHK]

REPEAT PARTS   A  B  C  &  D* [end in BFLY]

END

1-4  CHASE WITH UNDERARM PASS ;  BFLY COH ;  NEW YORKER ;  AIDA ;

1  {CHS W/ UNDRM PASS} Fwd L trng 1/2 RF to fc COH keeping lead hnds jnd, rec fwd R, fwd L/cl L, fwd L (W Bk R keeping lead hnds jnd, rec L, fwd R/cl L, fwd R twd M’s L sd) ;

2  Bk R raising jnd lead hnds, rec L leading W fwd & leading W to trn LF, sd R/cl L, sd R to BFLY COH (W Fwd L, fwd R trng 1/2 LF undr jnd lead hnds to fc ptr, small sd L/cl R, small sd L to BFLY WALL) ;

3  {NY} Swvl RF on R thru L, rec R swvl LF to fc ptr, sd L/cl R, sd L BFLY COH (W Swvl LF on L thru R, rec L swvl RF to fc ptr, sd R/cl L, sd R BFLY WALL) ;

4  {AIDA} Trng LF to RLOD thru R, fwr L trng RF 1/2 fc LOD, bk R/lk Lif, bk R ckg endg in “V” position (W Trng RF to RLOD thru L, fwr R trng 1/2 LF to fc LOD, bk L/lk Rif of L, bk L ckg) ;

5-8  BACK RECOVER FORWARD CHA ;  ROLL 2 & CHA BFLY ;  NEW YORKER WITH TRIPLE CHA BACK ; ;

5  {BK REC FWD CHA} Bk L, rec R, fwr L/lk Rib, fwr L (W Bk R, rec L, fwr R/lk Lib, fwr R) ;

6  {ROLL 2 & CHA BFLY} Fwrd L commencing LF trn 1/2, sd & bk L cont trn to fc LOD, fwr L trng LF to fc ptr & COH/cl L, sd R endg BFLY COH (W Fwd L commencing RF trn 1/2, sd & bk R cont RF trn to fc LOD, fwr L trng RF to fc ptr & WALL/cl R, sd L endg BFLY WALL) ;

7  {NY W/ TRPL CHA BK} Swvl on R foot thru L, rec R, bk L/lk Rif, bk L, (W Swvl on L foot thru R, rec L, bk R/lk Lif, bk R) ;

8  Bk R/lk Lif, bk L, bk L/lk Rif, bk L (W Bk L/lk Rif, bk L, bk R/lk Lif, bk R) ;

9-12  BACK RECOVER & TRIPLE CHA FORWARD BFLY ; ;  CHASE WITH UNDERARM PASS ;  TO WALL BFLY ;

9  {BK REC TRPL CHA FWD BFLY} Rk bk R, rec L, fwr R/lk Lib, fwr R (W Rk bk L, rec R, fwr L/lk Rib, fwr L) ;

10  Fwr L/lk Rib, fwr L, fwr R/lk Lib, fwr R to fc ptr BFLY COH (W Fwr R/lk Lib, fwr R, fwr L/lk Rib, fwr L to fc ptr BFLY WALL) ;

11  {CHS W/ UNDRM PASS TO WALL BFLY} Fwd L trng 1/2 RF to fc WALL keeping lead hnds jnd, rec fwrd L, fwr L/cl R, fwr L (W Bk R keeping lead hnds jnd, rec L, fwrd R/cl L, fwrd R twd M’s L sd) ;

12  Bk R raising jnd lead hnds, rec L leading W fwr & leading W to trn LF, sd R/cl L, sd R to BFLY WALL (W Fwr L, fwr L trng 1/2 LF undr jnd lead hnds to fc ptr, small sd L/cl R, small sd L to BFLY COH) ;

13-16  START A CHASE ;  BOTH FACE WALL ;  FORWARD CLOSE LADY SHIMMY ;  LADY BUMP [1 BEAT]

13  {START A CHS} Fwr L trng RF 1/2, rec fwrd R, fwr L/lk Rib, fwr L (W Bk R, rec L, fwr R/lk Lib, fwr R) ;

14  {BOTH FC WALL} Fwr R trng RF 1/2, rec fwr L, fwrd R/lk Lib, fwrd R to fc WALL (W Fwr L trng RF 1/2, rec fwr L, fwr L/lk Rib, fwr L to fc WALL) ;

15  {FWD CL LADY SHIMMY} Fwr L, cl R bend knees place hnds on W’s hips, -, - (W Fwrd R, cl L with bent knees, shldr shimmy for 2 beats, -) ;

16  {LADY BUMP} Chug bk on R & swing L leg bk (W With weight on both feet quickly straighten knees causing feet to slide back & giving the appearance of “bumping” M with W’s hips & causing M to move backward) [1 Beat] MUSIC ENDS