



Approved by:

Cathy x

Whine Up Your Waist

2 WALL - 32 COUNTS - BEGINNER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	Side Touches, Heel Splits, Side Together Side Touch x 2		
1 &	Step left to left side. Touch right beside left.	Left Touch	Left
2 &	Step right to right side. Touch left beside right.	Right Touch	Right
3 – 4	Weight on balls of feet, fan both heels out. Fan both heels in.	Out In	On the spot
5 &	Step right to right side. Step left beside right.	Side Together	Right
6 &	Step right to right side. Touch left beside right.	Side Touch	
7 &	Step left to left side. Step right beside left.	Side Together	Left
8 &	Step left to left side. Touch right beside left.	Side Touch	Right
Section 2	Heel Strut x 4, Hip Bumps		
1 &	Step right heel forward. Drop right toe taking weight.	Heel Strut	Forward
2 &	Step left heel forward. Drop left toe taking weight.	Heel Strut	
3 &	Step right heel forward. Drop right toe taking weight.	Heel Strut	
4 &	Step left heel forward. Drop left toe taking weight.	Heel Strut	
5 & 6	Step right forward on right diagonal, bumping hips - right, left, right.	Bump & Bump	
7 & 8	Step left forward on left diagonal, bumping hips - left, right, left.	Bump & Bump	
Section 3	Back Strut x 4, Hip Bumps		
1 &	Step right toe back. Drop right heel taking weight.	Back Strut	Back
2 &	Step left toe back. Drop left heel taking weight.	Back Strut	
3 &	Step right toe back. Drop right heel taking weight.	Back Strut	
4 &	Step left toe back. Drop left heel taking weight.	Back Strut	
5 & 6	Step right back on right diagonal, bumping hips - right, left, right.	Bump & Bump	
7 & 8	Step left back on left diagonal, bumping hips - left, right, left.	Bump & Bump	
Section 4	Step Pivot 1/4 x 2, Jazz Box With Touch		
1 – 2	Step right forward. Pivot 1/4 turn left (rolling hips when turning).	Step Quarter	Turning left
3 – 4	Step right forward. Pivot 1/4 turn left (rolling hips when turning).	Step Quarter	
5 – 8	Cross right over left. Step left back. Step right to side. Touch left beside right.	Jazz Box touch	On the spot

Choreographed by: Cathy Hodgson (UK) September 2013

Choreographed to: 'My Man Music' by Stooshe from CD Single;
(32 count intro - start following vocal count-in of '1, 2, 3, 4')



A video clip of this dance is available at www.linedancermagazine.com