

Swayze Hips

Count: 32

Wall: 4

Level: Beginner

Choreographer: Lyndsay Eotvos (AUS) - March 2026

Music: (I've Had) Time Of My Life [Remix] by DJ Gotta, ONY9RMX, 80s Super Hits

2 Restarts & 1 Tag

SECTION 1- CROSS STEP POINTS, ROCK R FORWARD, R SHUFFLE BACK,

- 1,2 Cross R over L, Point L to L side
- 3,4 Cross L over R, Point R to R side
- 5,6 Rock R forward, Recover onto L
- 7&8 Step R back, Step L beside R, Step R back

SECTION 2 - ROCK L BACK, L SHUFFLE FORWARD, STOMP R, STOMP L, "SWAYZE HIPS"

- 1,2 Rock L back, Recover onto R
- 3&4 Step L forward, Step R beside L, Step L forward
- 5,6 Stomp R out to R side, Stomp L out to L side
- 7,8 Dip hips R to L bending knees

***Restart here on walls 5 & 8**

SECTION 3 - CROSS ROCK, CHASSE R, CROSS ROCK, CHASSE L 1/4 TURN

- 1,2 Cross rock R over L, Recover onto L
- 3&4 Step R to R side, Step L beside R, Step R to R side
- 5,6 Cross rock L over R, Recover onto R
- 7&8 Step L to L side, Step R beside L, Step L forward (to face 9:00)

SECTION 4 - WALK FORWARD, KICK, WALK BACK

- 1,2 Walk forward R, Walk forward L
- 3,4 Walk forward R, Kick L forward
- 5,6 Walk back L, Walk back R
- 7,8 Walk back L, Step R beside L

***Tag here at the end of wall 10 (facing 12:00)**

TAG

SIDE MAMBO R, SIDE MAMBO L, FORWARD MAMBO, BACK MAMBO

- 1&2 Step R to R side, Recover onto L, Step R beside L
- 3&4 Step L to L side, Recover onto R, Step L beside R
- 5&6 Rock R forward, Recover onto L, Step R beside L
- 7&8 Rock L back, Recover onto R, Step L beside R

Have the time of your life with this one!