

**Student Choreography:
Setrak Vol. 20 – Make Me Dance, Track 1 – Setrak’s Intro 1:33**

Song total: 25 counts of 8

Step/Combination	Counts of 8	Direction/Notes
Pose	1	First 8c at beginning of music: Stand in line position with arms crossed overhead facing audience
Shimmy	1	At music accent, begin 8c hip shimmy, arms remain crossed overhead
4 Step hips (Diagonal R)	1	Traveling diagonally to the front/right (downstage): Step Hip; Step Hip; Step Hip; Step Hip. The arms for each step hip are extended arm with working hip side; arm behind head for non-working hip side.
Shimmy	1	After last step hip drop arms down to sides, shimmy for 8 counts, raising arms overhead to crossed position
4 Step hips (Diagonal back to original position)	1	Traveling diagonally backwards to original position: Step Hip; Step Hip; Step Hip; Step Hip. The arms for each step hip are extended arm with working hip side; arm behind head for non-working hip side.
Shimmy	1	After last step hip drop arms down to sides, shimmy for 8 counts, raising arms overhead to crossed position
Hip circle	1	Facing front and starting with your weight on the right side, hip circle starting at right, back, left, front, right. On transition from front of hip circle to right, turn right ¼ turn to the face the right. Arms: Crossed in front of chest
Hip circle	1	Facing right side and starting with your weight on the right side, hip circle starting at right, back, left, front, right. On transition from front of hip circle to right, turn right ¼ turn to the back (away from audience). Arms: Crossed in front of chest
Hip circle	1	Facing back and starting with your weight on the right side, hip circle starting at right, back, left, front, right. On transition from front of hip circle to right, turn right ¼ turn to the face the left side. Arms: Crossed in front of chest

Hip circle	1	<p>Facing left and starting with your weight on the right side, hip circle starting at right, back, left, front, right.</p> <p>On transition from front of hip circle to right, turn right ¼ turn to the face the front.</p> <p>Arms: Crossed in front of chest</p>
4 Step hips (Diagonal L)	1	<p>Traveling diagonally to the front/left (downstage): Step Hip; Step Hip; Step Hip; Step Hip.</p> <p>The arms for each step hip are extended arm with working hip side; arm behind head for non-working hip side.</p>
Shimmy	1	<p>After last step hip drop arms down to sides, shimmy for 8 counts, raising arms overhead to crossed position</p>
4 Step hips (Diagonal back to original position)	1	<p>Traveling diagonally backwards to original position: Step Hip; Step Hip; Step Hip; Step Hip.</p> <p>The arms for each step hip are extended arm with working hip side; arm behind head for non-working hip side.</p>
Shimmy	1	<p>After last step hip drop arms down to sides, shimmy for 8 counts, raising arms overhead to crossed position</p>
R Hip lift L Hip left	1	<p>Standing facing audience on slight diagonal to present right hip, lift right hip once. (&lift, hold, &lift hold)</p>
Shimmy	1	<p>After last hip lift drop arms down to sides, shimmy for 8 counts, raising arms overhead to crossed position</p>
4 Step hips (straight forward)	1	<p>Traveling forward (downstage): Step Hip; Step Hip; Step Hip; Step Hip.</p> <p>The arms for each step hip are extended arm with working hip side; arm behind head for non-working hip side.</p>
Shimmy	1	<p>After last step hip drop arms down to sides, shimmy for 8 counts, raising arms overhead to crossed position</p>
4 Step hips (back to original position)	1	<p>Traveling backwards to original position: Step Hip; Step Hip; Step Hip; Step Hip.</p> <p>The arms for each step hip are extended arm with working hip side; arm behind head for non-working hip side.</p>
Shimmy	1	<p>After last step hip drop arms down to sides, shimmy for 8 counts, raising arms overhead to crossed position</p>

Hip circle	1	<p>Facing front and starting with your weight on the right side, hip circle starting at right, back, left, front, right.</p> <p>On transition from front of hip circle to right, turn right ¼ turn to the face the right.</p> <p>Arms: Crossed in front of chest</p>
Hip circle	1	<p>Facing right side and starting with your weight on the right side, hip circle starting at right, back, left, front, right.</p> <p>On transition from front of hip circle to right, turn right ¼ turn to the back (away from audience).</p> <p>Arms: Crossed in front of chest</p>
Hip circle	1	<p>Facing back and starting with your weight on the right side, hip circle starting at right, back, left, front, right.</p> <p>On transition from front of hip circle to right, turn right ¼ turn to the face the left side.</p> <p>Arms: Crossed in front of chest</p>
Hip circle	1	<p>Facing left and starting with your weight on the right side, hip circle starting at right, back, left, front, right.</p> <p>On transition from front of hip circle to right, turn right ¼ turn to the face the front.</p> <p>Arms: Crossed in front of chest</p>
Pose	1	<p>Last 8c at end of music: Stand in line position with arms crossed overhead facing audience</p>