

# Shake it off

Count: 56

Wand: 4

Ebene: High Beginner

Choreograf/in: Jennifer Workman (USA) - January 2019

Musik: Shake It Off - Taylor Swift



---

## Section 1: Sliding Forward Right then left

- 1-4 Step forward at an angle right together left, right together left.  
5-8 Step forward at an angle left together right, left together right.

## Section 2: Hopping backwards right to left.

- 1-4 Hop back angle right, right left, this is 1 and 2. Hop back angle left, left right, this is 3 and 4.  
5-8 Hop back angle right, right left, this is 5 and 6. Hop back angle left, left right, this is 7 and 8.

## Section 3+4: Ankle swivels $\frac{1}{4}$ turn and $\frac{1}{2}$ turn.

- 1-4 Step out with right foot and swivel with right for 4 counts while turning  $\frac{1}{8}$  th of turn left.  
5-8 Finishing  $\frac{1}{4}$  turn by swiveling left foot for 4 counts.

- 1-4 Step out right and swivel 4 counts for  $\frac{1}{4}$  turn.  
5-8 Swivel left for 4 counts for  $\frac{1}{4}$  turn.

## Section 5: Right together left, left together right.

- 1-4 Right together left, right together left.  
5-8 Left together right, left together right.

## Section 6: Stomp right hold, stomp left hold, and shake.

- 1-4 Stomp to the Right for 1-2, Stomp to the left for 3-4.  
5-8 Swing hips right left right left for 5-6-7-8.

## Section 7: 4 heel $\frac{1}{4}$ turns.

- 1-4 Right heel  $\frac{1}{4}$  turn left, left heel and stay.  
5-8 right heel  $\frac{1}{4}$  turn left, left heel and stay.
-