

Shake It Off

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: Mamalinedance Mei Kwo (USA) - January 2015

Musique: Shake It Off - Taylor Swift



Intro: 16 counts - No Tag, No Restart

TOE,HEEL,CROSS FRONT OF LEFT/RIGHT, HOLD

- 1-2 Touch R toe to L instep (with bent R knee), Touch R heel forward
- 3-4 Right cross front of Left, hold (4).
- 5-6 Touch L toe to R instep (with bent R knee), Touch L heel forward
- 7-8 Left cross front of Right, Hold (8).

VINE RIGHT, VINE LEFT

- 1-2 Step right to right side, cross left behind right,
- 3-4 Step right to right side, Brush left
- 5-6 Step left to left side, cross right behind left,
- 7-8 Step left to left side, Brush with right

TOE STRUTS (SHAKE IT), ROCKING CHAIR

- 1-4 Touch R toe forward, drop R heel, touch L toe forward, drop L heel
- 5-8 Rock R forward, recover onto L, rock R back, recover onto L

TOE STRUTS (SHAKE IT), JAZZ BOX ¼ TURN RIGHT(3.00)

- 1-4 Touch R toe forward, drop R heel, touch L toe forward, drop L heel
- 5-8 Step R over L, step back, step R ¼ turn right, step L next to R (3:00)

START OVER!

ENJOY!

Contact: mamalinedance@gmail.com

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