

Shake

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Lyra (USA) - October 2016

Musique: Shake - Funkocity



SHAKE, SHAKE, DROP IT DOWN, SHAKE IT UP

- 1-2-3-4 Stand With Feet Shoulder Width Apart, Knees Bent, Shake Hips, Hands in Circular Motions (Hands In Front, Palms Down, At Waist)
- 5-6 Slap Thighs, Go Down To Sitting Position (Shake Hips) Hold Pose (Shake Hips)
- 7-8 Shake Hips, Bring Body Up To Original Position

HOP JUMP, ROLL HIPS, HOP JUMP, ROLL HIPS

- & Hop Feet Together
- 1 Jump Out
- 2-3-4 Roll Hips Around
- & Hop Feet Together
- 5 Jump Out
- 6-7-8 Roll Hips Around

STEP FORWARD, TOE - HEEL, SHIMMY SHOULDERS

- 1 Step Forward Right Toe, Arms Out, Bring Right Shoulder Forward
- 2 Drop Right Heel Down, Arms Out, Bring Right Shoulder Back
- 3 Step Forward Right Toe, Arms Out, Bring Right Shoulder Forward
- 4 Drop Right Heel Down, Arms Out, Bring Right Shoulder Back
- 5 Step Forward Right Toe, Arms Out, Bring Right Shoulder Forward
- 6 Drop Right Heel Down, Arms Out, Bring Right Shoulder Back
- 7 Step Forward Right Toe, Arms Out, Bring Right Shoulder Forward
- 8 Drop Right Heel Down, Arms Out, Bring Right Shoulder Back

TWIST BACK, TWIST TURN, 1/4 TURN TO LEFT

- 1 Twist Feet In, Left Step Back
- 2 Twist Feet Out
- 3 Twist Feet In, Left Step Back
- 4 Twist Feet Out
- 5-6 Step Right – Step Left, Twist To Left
- 7-8 Step Right – Step Left, Twist To Left

Start Over

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