

Shake It Off B's Style

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Bertha Arseneau (CAN) - October 2014
音乐: Shake It Off - Taylor Swift



Intro: 16 Counts

Vine Right, Turning Vine Left (1-8)

1,2 , Step R.F. right(1), step L.F behind R.F. (2),
3,4 Step R.F. right (3), touch L.Toe next to R.F. (4)
5,6 Step L.F. 1/4 turn left (5), step R.F. 1/4 turn left (6),
7,8 Step L.F. 1/2 turn left (7), touch R.Toe next to L.F. (8)

Step Fwd Out Out , Step Back In In, Rock Recover , Coaster Step(9-16)

1,2 Step R.F. forward out (1), step L.F. forward out (2),
3,4 Step R.F. back in (3), step L.F. back in (4)
5,6 Rock step R.F. forward (5), recover on L.F.(6),
7& Step R.F. back (7), step L.F. back next to R.F. (&),
8 Step R.F. forward (8)

Step Pivot 1/2 Turn Right, Step Forward, Hold, Rock Rock Right, Left With Arms Swinging, Rock Rock With Arms Swinging To 1/4 Turn Right (17-24)

1,2 Step L.F. forward (1), pivot 1/2 turn right & step R.F. in place (2),
3,4 Step L.F. fwd (3), hold (4),
5 Step & rock R.F. right (swinging arms R)(5),
6 Step & rock L.F. left(swinging arms L.)(6),
7 To 1/4 turn right, step & rock R.F. right(swinging arms R.)(7),
8 Step & rock L.F. left (swinging arms L.)(8)

DO THE SHIMMY WITH STEP RIGHT, TOUCH L. HEEL FWD, STEP LEFT, TOUCH R. HEEL FWD, STEP RIGHT, TOUCH L. HEEL FWD,STEP LEFT, TOUCH RIGHT TOE NEXT TO L.F. (25-32)

1,2 Step R.F. to right & shimmy (1), touch L.H. fwd & shimmy (2),
3,4 Step L.F. in place & shimmy (3), touch R.H. fwd & shimmy (4),
5,6 Step R.F. in place & shimmy (5), touch L.H fwd & shimmy (6),
7,8 Step L.F. in place & shimmy (7), touch R. Toe next to L.F. & shimmy(8)

**TAG: At the end of 13th wall starting at 12o'clock and ending on 9 o'clock,
add the count 25 to 32 and Restart the dance!!**

ENJOY!!!

Contact Email address: berthaar@nb.sumpatico.ca