

Shake It Off

拍数: 40 墙数: 4 级数: Beginner
编舞者: Jeremy Duncan - September 2012
音乐: Shake It Off - Taylor Swift



INTRO: 8 count intro. Start with vocals

[1-4] VINE RIGHT

1,2,3,4 step R to the side, L behind, R in front, L shoulder width apart

[5-8] SHAKE HIPS

1,2,3,4 bump hips right, left, right, left

[9-16] KICKS

1-2 bend R behind left leg (slapping leather optional)

3-4 bend L behind right leg

5-6 kick R forward

7-8 kick L forward

[17-24] TOE HEEL MARCH WITH HAND MOVEMENTS AND ¼ TURN LEFT

1-2 R toe heel, hands reach down as you bend your waist

3-4 L toe heel with 1/8 turn left, hands reach up as your straighten up

5-6 R toe heel, reach down again

7-8 L toe heel with 1/8 turn left, reach up again

[25-32] KICKS

1-2 kick R forward

3-4 kick L forward

5-6 bend R behind left leg (slapping leather option)

7-8 bend L behind right leg

[33-36] SHAKE HIPS

1,2,3,4 bump hips left, right, left, right

[37-40] VINE LEFT

5,6,7,8 step L to side, R behind, L to side, touch R

REPEAT

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