

Shake It Off

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: High Beginner
编舞者: Teresa Chen (TW) - December 2014
音乐: Shake It Off - Taylor Swift



Intro: 16 count - 1 TAG

(S1) R Hands Up, L Hands Up, Swivel R

1-2 Bend knees ,up(with R hands up)
3-4 Bend knees ,up (with L hands up)
5 6 7 8 Weight on both feet, swivel heels to R, toes to R, heels to R, toes to R(progressing right)

(S2) L Hands Up, R Hands Up, Swivel L

1-2 Bend knees ,up (with L hands up)
3-4 Bend knees ,up (with R hands up)
5 6 7 8 Weight on both feet, swivel heels to L, toes to L, heels to L, toes to L(progressing left)

(S3) Step Rf forward, Clap hands, Clap hips

1 Step Rf forward(with R hips to forward)
2&3 Clap hands twice, L hips to backward
4 Clap R hips
5 Step Rf forward(with R hips to forward)
6&7 Clap hands twice, L hips to backward
8 . Clap R hips

(S4) Rf low kick, Lf low kick, 1/4L Turn, Rf low kick, Lf low kick(with snap fingers)

1,2 Rf low kick , Rf step
3,4 Lf low kick, Lf step
5,6 !/4 L turn, Rf low kick, Rf step
7,8 Lf low kick, Rf step

(S5) Swivel R, shimmy

1 2 3 4 Weight on both feet, swivel heels to R, toes to R, heels to R, toes to R(progressing right)
5 6 Shimmy forward
7 8 Shimmy backward

(S6) Swivel L, shimmy

1 2 3 4 Weight on both feet, swivel heels to L, toes to LR, heels to L, toes to L(progressing left)
5 6 Shimmy forward
7 8 Shimmy backward

(S7) Out, out, in, in(Hand movements: shake hands out)

1 2 Rf forward out
3 4 Lf forward out
5 6 Rf backward in
7 8 Lf backward in

(S8) 1/2 L turn, Rf step, Lf flick,Lf step , Rf flick, repeat

1 2 Rf step, Lf flick (1/8 L turn)
3 4 Lf step, Rf flick (1/8 L turn)
5 6 Rf step, Lf flick (1/8 L turn)
7 8 Lf step, Rf flick (1/8 L turn)

TAG(8 count): After section 4 of wall 7(3:00), continue with section 5 after TAG

1-8 Bump hips(R,L,R,L,R,L,R,L)

Happy Dancing!

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