

# 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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