

Shake It Off

拍数: 64 墙数: 4 级数: Easy Intermediate
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音乐: Shake It Off - Taylor Swift



Start after 8 count intro if you count slow; 16 if you count it fast –
Start approx. 5 secs into song – [3mins 35secs – 160 bpm]

[1-8] □ R fwd step/lock/step/scuff, L fwd step/lock/step/scuff

1-4 On slight right diagonal: step R forward, lock L behind R, step R forward, scuff L forward
5-8 On slight left diagonal: step L forward, lock R behind L, step L forward, scuff R forward

[9-16] □ ¼ R jazz box, 1/8 R heel step, 1/8 R heel step

1-4 Cross step R over L, step L back, turning ¼ right step R side, step L forward (3 o'clock)
5-8 Touch R heel forward, turning 1/8 right step R down, touch L heel forward, turning 1/8 right
step L down (6 o'clock)

[17-24] □ R fwd, twist L together & touch, L fwd diagonal step touch, R back diagonal step touch

1-4 Step R forward on right diagonal (bigger step), twist L heel in, twist L toes in, touch L together
5-8 Step L forward on left diagonal, touch R together, step R back on right diagonal, touch L
together

[25-32] □ L back & hip bumps, ¼ R step touch, ½ L step scuff

1-4 Step L back on left diagonal bumping hips L, bump hips R, bump hips L, touch R together
5-8 Step R side, touch L together turning body ¼ to right, turning body ½ left step L forward, scuff
R forward
(3 o'clock)

TAG/RESTART WALL 7:

During wall 7 which starts facing the back wall, dance the first 32 counts to end facing left side wall.
Add the 8 count Tag and Restart the dance facing the back wall.

1-4 □ Step R forward, hold, pivot ¼ left, hold

5-8 □ Bump hips R, L, R, as you sway your hips to the left touch R together

[33-40] □ R fwd rock/recover, R back, L kick/hitch, L back, R back, L back rock/recover

1-4 Rock R forward, recover weight on L, step R back, kick/hitch L
5-6 Step L back, step R back, rock L back, recover weight on R

[41-48] □ L side toe strut, R back rock/recover, grapevine right

1-4 Touch L toes side, step L down, rock R back, recover weight on L
5-8 Step R side, cross step L behind R, step R side, cross step L over R

[49-56] □ R side toe strut, L back rock/recover, grapevine left with ½ L & scuff/hitch

1-4 Touch R toes side, step R down, rock L back, recover weight on R
5-8 Step L side, cross step R behind L, turning ¼ left step L forward, turning ¼ left on L
scuff/hitch R (9 o'clock)

[57-64] □ R side & bump hips R, bump L, bump R, touch R together, ½ R Monterey turn with claps

1-4 Step R side bumping hips, bump hips L, bump hip R, bump hips L touching R together
5-8 Point R side, turning ½ right step R together, point L side, step L together (3 o'clock)
(Optional claps on 6-7-8 as you execute the Monterey turn which hits the claps in the song)

BIG ENDING: Step R forward and strike a pose!

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