

# Shake It Off

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Mamalinedance Mei Kwo (USA) - January 2015  
音乐: Shake It Off - Taylor Swift



**Intro: 16 counts - No Tag, No Restart**

## **TOE,HEEL,CROSS FRONT OF LEFT/RIGHT, HOLD**

1-2            Touch R toe to L instep (with bent R knee), Touch R heel forward  
3-4            Right cross front of Left, hold (4).  
5-6            Touch L toe to R instep (with bent R knee), Touch L heel forward  
7-8            Left cross front of Right, Hold (8).

## **VINE RIGHT, VINE LEFT**

1-2            Step right to right side, cross left behind right,  
3-4            Step right to right side, Brush left  
5-6            Step left to left side, cross right behind left,  
7-8            Step left to left side, Brush with right

## **TOE STRUTS (SHAKE IT), ROCKING CHAIR**

1-4            Touch R toe forward, drop R heel, touch L toe forward, drop L heel  
5-8            Rock R forward, recover onto L, rock R back, recover onto L

## **TOE STRUTS (SHAKE IT), JAZZ BOX ¼ TURN RIGHT(3.00)**

1-4            Touch R toe forward, drop R heel, touch L toe forward, drop L heel  
5-8            Step R over L, step back, step R ¼ turn right, step L next to R (3:00)

**START OVER!**

**ENJOY!**

Contact: [mamalinedance@gmail.com](mailto:mamalinedance@gmail.com)

Last Update - 16th Jan 2015

---