

Shake It Off!

拍数: 64 墙数: 2 级数: Low Intermediate
编舞者: Chris Highbaugh (USA) & Teri Highbaugh (USA) - November 2014
音乐: Shake It Off - Taylor Swift : (CD: 1989)



S1: HEEL-TOE SWIVELS TO THE RIGHT, ½ MONTEREY TURN

- 1-2 Swivel heels to the right, swivel toes to the right
- 3-4 Swivel heels to the right, swivel toes to center
- 5-6 Touch right toe out, turn ½ right and step right together (6:00)
- 7-8 Touch left toe out, step left together

S2: HEEL-TOE SWIVELS TO THE LEFT, ½ MONTEREY TURN

- 1-2 Swivel heels to the left, swivel toes to the left
- 3-4 Swivel heels to the left, swivel toes to center
- 5-6 Touch right toe out, turn ½ right and step right together (12:00)
- 7-8 Touch left toe out, step left together

S3: K-STEP WITH RIGHT FOOT (WITH CLAPS)

- 1-2 Step right forward at right diagonal, touch left next to right & clap
- 3-4 Step left back at left diagonal, touch right next to left & clap
- 5-6 Step right back at right diagonal, touch left next to right & clap
- 7-8 Step left forward at left diagonal, touch right next to left & clap

S4: HIP SWAYS, SHAKE HIPS RIGHT-LEFT-RIGHT-LEFT

- 1-2 Step out to right, while dipping down and up with hip to right
- 3-4 Dip down and up with hip to the left
- 5-8 Hip bumps Right-Left-Right-Left (end with weight on left foot)

***for optional styling, slap right hand on right hip on count 2 and left hand on left hip for count 4**

S5: STEP RIGHT, TOGETHER, HEEL SPLIT, STEP LEFT, TOGETHER, HEEL SPLIT

- 1-2 Step right to right side, step left together
- 3-4 With weight on the balls of both feet, spread heels apart, return heels together
- 5-6 Step left to left side, step right together
- 7-8 With weight on the balls of both feet, spread heels apart, return heels together

S6: RIGHT HEEL, HOOK, RIGHT HEEL, TOGETHER, HEEL SPLITS (X2)

- 1-2 Place right heel out, hook right over left shin
- 3-4 Place right heel out, step right together
- 5-8 With weight on the balls of both feet, spread heels apart, return heels together (x2)

S7: STEP, ¼ TURNING HITCH, ¼ TURN STEP, HITCH, ROCK RECOVER, STOMP TWICE

- 1-2 Step forward on right, turn ¼ left and hitch left knee up (9:00)
- 3-4 Turn ¼ left with left, hitch right knee up (6:00)
- 5-6 Rock forward on right, recover on left
- 7-8 Stomp right foot twice next to left (weight stays on left foot)

S8: PUMP, PUMP, STEP TOGETHER, HOLD, PUMP, PUMP, STEP TOGETHER, HOLD

- 1-4 Step out to right, hold (while pelvic thrusting/body pump), step right together, hold
- 5-8 Step out to left, hold (while pelvic thrusting/body pump), step left together, hold

***The body pumps are on counts 1-2 and counts 5-6**

TAG (IN THE MIDDLE OF WALL 7)

Dance the first 28 counts, then, instead of the 4 count hip bumps, she will sing "Shake Shake Shake" and you

will bump your hips 3 times to those words (right-left-right), omitting the 4th hip bump.
Then, immediately after that, hold for 5 counts, and clap clap clap (6-7-8) (with the claps in the music).
Continue on with the rest of the dance from count 33 forward (side together heel splits...)

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