

Shake That

拍数: 144 墙数: 4 级数: Phrased Advanced
编舞者: Donna Manning (USA) - September 2015
音乐: Shake That (feat. Pitbull) - Samantha Jade



Choreographed with the influence of Tiffany Palmer Godfrey's zumba class. Love the mix of moves! Thank you!

Phrased Adv.: A 64, B 16, C 32, A, B, C, Tag8, D32, D32, Tag4, C, C

PART A (64 counts)

Sec. A1: □□Rocks LRLR, Ball Step, Rocks RLRL

Styling: Keep legs straight and just shift weight from side to side over that foot, extending shoulder and rib cage of the side to which the weight was shifted. The opposite shoulder will be lower.

- 1,2,3,4& Step L to L side shifting weight, extending rib cage and shoulder to L, shift to R, shift to L, shift back to R bending knees slightly to bring ball of L to R
- 5,6,7, 8& Reverse 1-4& start stepping R to R side, shift R, L, R, L, then bringing ball of R to center□(12:00)

Sec. A2:□□Styling from Sec. 1- thru the first 4 counts – Rocks fwd, back fwd , Back Triple, Walks Back 2X, ½ Turn

- 1,2,3,4&5 Rocks Fwd, Back, Fwd, (styling for rocks – lift chest squeezing shoulder blades together on the fwd rock, compress chest bring shoulders forward together OR body rolls bottom to top on the forward motion and back from top to bottom on the back motion) Step back on R, bring L to R, step back on R
- 6,7,8& Step back L – R, ½ turn L stepping L to diagonal (7:30) bring R to L (6:00)

Sec. A3:□□Repeat Sec. 1 □ (6:00)

Sec. A4:□□Repeat Sec. 2 □ (12:00)

Sec. A5:□□Side Step, Scissor, ¼ , ½ ,Ball Step, Toe Switches, Ball Step

- 1-2, 3&4 Step R to R side, Bring L to R, Step R to R side, Close L to R, Cross R over L
- 5,6& ¼ R step L back, ½ turn R step R fwd, bring L to R
- 7&8& Touch R toe fwd, R to center, touch L toe fwd, L to center□ (9:00)

Sec. A6:□□Step, Step, Swivets, Knee pops (with some booty moving)

- 1,2 Step R fwd, step L together
- &3&4 Swivets R & L – weight on ball of L and heel of R turn unweighted parts to the outside, bring back to center changing weight to ball of R and heel of L turning unweighted parts outside, bring back to center taking weight to L with R knee slightly bent.
- 5,6,7&8& Bend slightly from the waist, flat back, chin up.....Straighten R- bending L(5), reverse for (6) Straighten R-L-R-L□ (9:00)

Sec. A7:□Side Rock, Recover, ¾ R Sailor, Side Rock, Recover, Touch, Hitch, Step

- 1-2 Drop into R to R side bending R knee keeping L heel down lifting L toe, recover to L
- Styling: as you drop to R side, twist ¼ to L with top half coming back to center on the recover**
- 3&4 Ball of R behind L turning ¾ turn to the R, small step to L with L, Cross R over L
- 5-6 Drop onto L to the L side bending L knee keeping R heel on the ground (arms extended to R side, wrists bent so fingers extend to ceiling bring back to center on the recover), recover to R angle to 7:30 arms come down to your sides
- 7&8 Touch L next to R (extend arms out front crossed), Hitch L flat foot (bring arms back, shoulder height, elbows back), Step L across R (push arms straight down by your side) (6:00)

Sec. A8: □ Step, ¼ turn Touch, Hip Lifts, Step, Lock, Triple Step

- 1-2 Step R fwd angled to 7:30, 3/8 turn on ball of R bringing L into a touch next to the R (3:00)
3&4& Straighten L pushing L hip up, relax L lowering hip, straighten L, relaxing L (keep weight on R)
5-6 Step L fwd (toe out), bring toe of R to heel of L
7&8 Step L fwd, instep of R to heel of L, step L fwd (3:00)

Part B (16 counts) happens at 12:00

- 1-2-3-4 ¼ turn L stepping R to R side bending R knee and straightening R leg leaning into hip –taking R arm down and out to the side and then over the head
5-6-7-8 Step L to L side bending the L knee and straightening L leg leaning into hip – taking L arm down and out to the side and then over the head

1-2-3-4 Step R to R side bending R knee and straightening R leg leaning into hip –taking R arm down and out to the side and then over the head
5-6-7-8 Sway L-R-L bringing arms down in front in an S pattern to go with sways, bring R to L to touch on 8

Part C (32 counts)

Sec. C1: □ Touches, Step, Touches, Step, Modified V with claps

- 1&2&3&4 Touch R out to R side, touch R to L, step R to R side, touch L next to R, touch L to L side, touch L next to R, step L to L side
&5-6, &7-8 Modified V –Step Up R- L, clap, Step back to center R-L(weight on L), clap □ (12:00)

Sec. C2: □ Touch, Hip Bumps, Step Turn – Repeat

- 1&2&3&4 With weight on L(toe out) touch R toe in front (which will turn pelvis to L) bumping hip up and back – just straighten R leg and relax – up & back & up, as you come back down with R hip make ½ turn to L taking weight to R (6:00)

Optional Arms- on the up for the hips – both arms extend over the head, as the hip goes back the arms come down by the hips

- 5&6&7&8 With weight on R(toe out) touch L toe in front (which will turn pelvis to R) bumping hip up and back – just straighten L leg and relax – up & back & up, as you come back down with L hip taking weight to L on count 8

Optional Arms- on the up for the hips – both arms extend over the head, as the hip goes back the arms come down by the hips □ □(12:00)

Sec. C3: □ REPEAT SEC. C1 □ (12:00)

Sec. C4 □ REPEAT SEC. C2 (12:00) the 1st time you do Part C - add an & count after 8 to bring R back to center

ABC < ABC then

TAG (8 counts) Rocking Chair, ½ turn walk around

- 1,2,3,4 Rock fwd R, recover to L, Rock back on R, recover to L
5,6,7,8 Walk ½ turn to the L in semi-circle : R,L,R,L

Leave body on angle to 7:30 (6:00 wall)

PART D (32 counts) Starts facing 6:00

**Styling: L forearm is across chest - elbow on L arm gets pulled to L as feet and body go R
Use the R arm as body and feet go L**

Sec. D1: □ Side-Touch, Side-Touch, Side-Together-Side –Touch (reverse for 5-8)

- 1&2&3&4& Step R to side, touch L next to R, step L to L side, touch R next to L, step R to R side, bring L together, step R to R side, touch L next to R
5&6&7&8 Step L to side, touch R next to L, step R to R side, touch L next to R, step L to L side, bring R together, step L to L side □ (6:00)

Sec. D2: □ Step-Touch, Knee Pop, Step-Touch, Knee Pop, Ball-Step, ½ , ½ , ¼

- &1&2 Bring R to center, touch ball of L across R, taking weight to balls of both feet- bend knees lifting heels, replacing weight to R (6:00)
- &3&4 Bring L to center, touch ball of R across L, taking weight to balls of both feet- bend knees lifting heels, replacing weight to L (6:00)
- &5,6,7,8 Quick ball step with R slightly back of center, step L fwd (toe out), ½ turn L step back on R, ½ turn L step L fwd, ¼ turn L stepping R to R side (wide step) (3:00)

Sec. D3: □ Heel Swivels, Ball Rock-Recover (2X)

With knees bent into a slight squat.....both arms extended out front

- &1&2&3&4 Turn R knee into center turning R heel up, bring R heel down to floor taking weight, Turn L knee into center turning L heel up, bring L heel down to floor taking weight, Turn R knee into center turning R heel up, bring R heel down to floor no weight, Turn R knee into center turning R heel up, bring R heel down to floor no weight

Styling for 1-4: As you turn up R heel R elbow comes back next to waist hand in a fist – extend arm when the heel turns down, reverse for the L heel and twice for the next 2X with R heel

- &5-6,&7-8 Bring R to center, Rock L fwd, recover to R, bring L to center, Rock R fwd, recover to L (3:00)

Sec. D4 □: ½ Turn R , Together, Rock, Recover ¼ turn, Cross Rock, Side Rock –Recover Cross

- 1,2,3&4 ½ turn to R step R fwd, bring L to R, Rock R fwd, recover to L, ¼ turn to R stepping R to diagonal
- 5,6,7&8 Cross rock L over R, recover to R, L side Rock, recover to R, cross L over R (12:00)

TAG: 4 counts Walk ½ circle to R – from 6:00 to 12:00

- 1,2,3,4 Walk R,L,R,L

Go right back to part C through till the end of music and you should finish to the front.

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format and include all contact details on this script.

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