

# Shake It Off

拍数: 96      墙数: 4      级数: Phrased Low Intermediate  
编舞者: Kayla Cosgrove (USA) - November 2015  
音乐: Shake It Off - Taylor Swift



(16 Count Intro) Sequence: A, A, B, C, C, A, A, B, C, C, A, A, B, TAG, C, C, A to the end of the dance

## Part A – 32 counts

### KICK, BEHIND, SIDE, CROSS, KICK, BEHIND, SIDE, CROSS

- 1, 2, 3, 4      Kick right foot low and down on the right angle, step right foot being left, , step left foot out to the left side, cross right foot over left
- 5, 6, 7, 8      Kick left foot low and down on the left angle, step left foot being left, , step right foot out to the right side, cross left foot over right

### KICK, BEHIND, SIDE, CROSS, KICK, BEHIND, SIDE, CROSS

- 1, 2, 3, 4      Kick right foot low and down on the right angle, step right foot being left, , step left foot out to the left side, cross right foot over left
- 5, 6, 7, 8      Kick left foot low and down on the left angle, step left foot being left, , step right foot out to the right side, cross left foot over right

## TOE STRUTS WITH HIP SHAKES

- 1, 2, 3, 4      Step right toes forward, drop the heel, Step Left toes forward, drop the heel
- 5, 6, 7, 8      Step right toes forward, drop the heel, Step Left toes forward, drop the heel

(Shaking hips in sync with toes moving forward)

## ¼ LEFT STEPPING RIGHT TO THE SIDE, ANGLED STEP TOUCHES BACK

- 1, 2, 3, 4      Making a 1/4 turn LEFT step your right foot out to the side, touch left toes next to right foot, step left foot back on a slight angel, touch the right toes next to the left foot
- 5, 6, 7, 8      Step the right foot slightly back on the right angle, touch the left toes next to the right foot, step left foot back on a slight angel, touch the right toes next to the left foot

## Part B – 32 counts

### STEP RIGHT FORWARD, HOLD ¼ LEFT, HOLD, CROSSING HEEL GRIND x2

- 1, 2, 3, 4      Step the right foot forward, HOLD count 2, make a ¼ left shifting the weight on to the left foot, HOLD count 4 (weight should be on the left foot feet slightly wider than shoulder width apart)
- 5, 6, 7, 8      Cross the right heel over the left foot, as you grind your heel twisting your foot to the right, step left foot out to the side, Cross the right heel over the left foot, as you grind your heel twisting your foot to the right, step left foot out to the side

### CROSS, HOLD, STEP BACK, HOLD, SIDE, TOGETHER, ¼ TURN, TOUCH OR BRUSH

- 1, 2, 3, 4      Cross right foot over the left foot, HOLD count 2, step back on left foot, HOLD count 4
- 5, 6, 7, 8      Step right to right side, bring left foot together, step right foot forward making a ¼ turn right, touch or brush left next to right

### STEP LEFT FORWARD, HOLD ¼ RIGHT, HOLD, CROSSING HEEL GRIND, x2

- 1, 2, 3, 4      Step the left foot forward, HOLD count 2, make a ¼ right shifting the weight on to the right foot, HOLD count 4 (weight should be on the right foot feet slightly wider than shoulder width apart)
- 5, 6, 7, 8      Cross the left heel over the right foot, as you grind your heel twisting your foot to the left, step right foot out to the side, Cross the left heel over the right foot, as you grind your heel twisting your foot to the left, step right foot out to the side

### CROSS, HOLD, STEP BACK, HOLD, SIDE, TOGETHER, ¼ TURN, TOUCH OR BRUSH

- 1, 2, 3, 4      Cross left foot over the right foot, HOLD count 2, step back on right foot, HOLD count 4

- 5, 6, 7, 8 Step left to left side, bring right foot together, step left foot forward making a ¼ turn left, touch or brush right next to right

**Part C – 32 counts**

**WEAVE, SIDE SHUFFLE, ROCK STEP**

- 1, 2, 3, 4 Step right foot to the right side, place left foot slightly back behind right, step right foot out to the side, step left foot over and across the right
- 5, 6, 7, 8 Right side shuffle stepping the right out to the side, quickly step left together, step right out to the right, rock left foot back, recover the weight forward onto the right

**WEAVE, SIDE SHUFFLE, ROCK STEP**

- 1, 2, 3, 4 Step left foot to the left side, place right foot slightly back behind left, step left foot out to the side, step right foot over and across the left
- 5, 6, 7, 8 Left side shuffle stepping the left out to the side, quickly step right together, step left out to the left, rock right foot back, recover the weight forward onto the left

**(SLOW HALF TURNS) STEP FORWARD, TAP, ½ TURN, TAP, STEP FORWARD, TAP, ½ TURN, TAP**

- 1, 2, 3, 4 Step right foot forward, tap left toes up to right foot, pivot a half turn over the left shoulder shifting weight forward onto the left foot, tap the right toes up to the left foot
- 5, 6, 7, 8 Step right foot forward, tap left toes up to right foot, pivot a half turn over the left shoulder shifting weight forward onto the left foot, tap the right toes up to the left foot

**(styling, add swinging arms and or claps when taping left toes to right foot before your turn, think “step clap, turn clap, step, clap, turn, clap”)**

**STEP RIGHT FORWARD, TAP LEFT TOE BEHIND WITH SHIMMY, STEP LEFT BACK, TAP RIGHT NEXT TO LEFT, STEP RIGHT FORWARD, TAP LEFT TOE BEHIND WITH SHIMMY, STEP LEFT BACK, TAP RIGHT NEXT TO LEFT**

- 1, 2, 3, 4 Step right foot forward, bring left toes up and tap them slightly behind right foot while bending slightly forward and giving a little shimmy, step left foot back, tap right heel slight forward (shimmy!)
- 5, 6, 7, 8 Step right foot forward, bring left toes up and tap them slightly behind right foot while bending slightly forward and giving a little shimmy, step left foot back, tap right heel slight forward while giving a shimmy

**TAG: STEP RIGHT FORWARD, HOLD, ½ TURN, JAZZ BOX CROSS**

- 1, 2, 3, 4 Step the right foot forward, HOLD count 2, make a 1/2 left shifting the weight on to the left foot, HOLD count 4 (weight should be on the left foot feet slightly wider than shoulder width apart)
- 5, 6, 7, 8 Cross the right foot over the left foot, step the left foot slightly back, step the right foot out to the side, step the left foot across the right. (Ready to go into Part C – Weave and side Shuffle)

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