

The Shake

拍数: 32 墙数: 4 级数: Beginner
编舞者: Tina Chen Sue-Huei (TW) - December 2015
音乐: The Shake - Neal McCoy



Intro: 16 Counts

Tags (8 Counts):

After Wall 4 & Wall 8 --- Facing 12.00

Scissor R & Hold, Scissor L & Hold

1-4 Side Step R, Together Step L, Cross R Over L, Hold (4)

5-8 Side Step L, Together Step R, Cross L Over R, Hold (8)

Main Dance (32 Counts)

SI. R Diag Fwd, Together Fwd Touch, L Diag Fwd, Together Fwd Touch

1-4 Diag R Fwd, Together Step L, Fwd Step R, Touch L Beside R

5-8 Diag L Fwd, Together Step R, Fwd Step L, Touch R Beside L

SII. Diag R Back & Knees Knocking, Diag L Back & Knees Knocking

1-2 Diag Step R Back & Touch L Beside R

3-4 Knock Both Knees on 2 counts

5-6 Diag Step L Back & Touch R Beside L

7-8 Knock Both Knees on 2 counts

SIII. Together Back Touch, Together Fwd Touch

1-4 Side Step R, Together Step L Beside R, Back Step R, Touch L Beside R

5-8 Side Step L, Together Step R Beside L, Fwd Step L, Touch R Beside L

SIV. ¼ L ¼ L ¼ L Side Touch

1-2 Fwd Step R, ¼ L Flick L Behind R(9.00)

3-4 ¼ L Fwd Step L, Flick R Behind L(6.00)

5-6 ¼ L Fwd Step R, Flick L Behind R(3.00)

7-8 Side Step L, Touch R Beside L

Happy Dancing!

Contact:sh3385@gmail.com