

Shake Me Up

COPPER KNOB
STEPPERS

拍数: 64
编舞者: Pooi Kuan (MY) - May 2016
音乐: Shake Me Up by So Yumi

墙数: 4

级数: Phrased Easy Intermediate



Dance Starts after 32counts.

Sequence: AAA Tag1 B, AAA Tag2, AAA Tag2 B, Ending

PART A (32 counts)

Section A1: Walk, Walk, Forward Shuffle, Sway Hips

1 2 3 & 4 Forward Walk On RF, LF, Forward Shuffle on RF,LF,RF

5 6 7 8 Step LF to L and Sway Hips on L,R,L.R

(Hand mvmt: 5 6 7 8 Both hands on waist with shoulder lean forward R,L,R,L)

Section A2: Rock Recover, Coaster Step, Hitch, Step, Hitch, Step

1 2 3 & 4 Rock LF Forward, Recover on RF, Step LF Back, Step RF together, Step LF Forward

5 6 7 8 Hitch RF, Step in place, Hitch RF, Step in place (facing diagonal 11:00)

(Hand mvmt: 5 6 7 8 Slap hands on hips while hitch up, clap hands while step down)

Section A3: Cross Rock Recover, Side Chasse 1/4R Turn, Hip Sways

1 2 3 & 4 Cross RF over LF, Recover on LF, Side Chasse on RF,LF, 1/4R Turn RF Forward

5 6 7 & 8 Step LF together Sway hips On L,R,L.R,L

Section A4: Rock Recover Triple Steps, Rock Recover Triple Step

1 2 3 & 4 Rock RF Forward, Recover on LF, Triple Step on RF,LF,RF

5 6 7 & 8 Rock LF Forward, Recover on RF, Triple Step on LF,RF,LF

PART B (32 counts)

Section B1: Step, Side Rock Cross, Step, Cross, Side Rock Cross, Step

1 2 & 3 Step RF Forward, Step LF to L, Recover on RF, Cross LF over RF,

4 5 Step RF to R, Cross LF over RF

6 & 7 8 Step RF to R, Recover on LF, Cross RF Over LF, Step LF to L

Section B2: Cross Touch, Side Touch

1 2 3 4 Touch RF over LF, Touch RF to R, Touch RF over LF, Touch RF to R

&5&6&7&8 Hitch RF, Touch RF to R – 4 times, at the same time twist left ankle in out 4 times

Section B3: Bounce

1&2&3&4 Bounce In Place – Stepping on RF, Ball step on LF -3 times, Step on RF

5&6&7&8 Slowly ½ Left Turn by Stepping on LF, Ball Step on RF – 3 times, Step on LF

Section B4: Twist to Right, Twist to Left

1 2 3 4 Swivel both heels, toes, heels, toes to right

5 6 7 8 Swivel both toes, heels, toes, heels to left

(Option: Flick on LF (3) , Flick on RF (8))

TAG 1 (8 counts) – Repeat Section A4

TAG 2 (4 counts) – Repeat Section A4-1 2 3&4(Step on LF)

or

Easy Option on TAG 2

1 2 3 4 Rocking Chair On RF

Thank You! - Enjoy!

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