

# Shake

**COPPER** **KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Lyra (USA) - October 2016  
音乐: Shake - Funkocity



## SHAKE, SHAKE, DROP IT DOWN, SHAKE IT UP

1-2-3-4      Stand With Feet Shoulder Width Apart, Knees Bent, Shake Hips, Hands in Circular Motions  
(Hands In Front, Palms Down, At Waist)  
5-6      Slap Thighs, Go Down To Sitting Position (Shake Hips) Hold Pose (Shake Hips)  
7-8      Shake Hips, Bring Body Up To Original Position

## HOP JUMP, ROLL HIPS, HOP JUMP, ROLL HIPS

&      Hop Feet Together  
1      Jump Out  
2-3-4      Roll Hips Around  
&      Hop Feet Together  
5      Jump Out  
6-7-8      Roll Hips Around

## STEP FORWARD, TOE - HEEL, SHIMMY SHOULDERS

1      Step Forward Right Toe, Arms Out, Bring Right Shoulder Forward  
2      Drop Right Heel Down, Arms Out, Bring Right Shoulder Back  
3      Step Forward Right Toe, Arms Out, Bring Right Shoulder Forward  
4      Drop Right Heel Down, Arms Out, Bring Right Shoulder Back  
5      Step Forward Right Toe, Arms Out, Bring Right Shoulder Forward  
6      Drop Right Heel Down, Arms Out, Bring Right Shoulder Back  
7      Step Forward Right Toe, Arms Out, Bring Right Shoulder Forward  
8      Drop Right Heel Down, Arms Out, Bring Right Shoulder Back

## TWIST BACK, TWIST TURN, 1/4 TURN TO LEFT

1      Twist Feet In, Left Step Back  
2      Twist Feet Out  
3      Twist Feet In, Left Step Back  
4      Twist Feet Out  
5-6      Step Right – Step Left, Twist To Left  
7-8      Step Right – Step Left, Twist To Left

**Start Over**

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