

The Shake

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 2 级数: Absolute Beginner
编舞者: John Sandham (ES) - August 2017
音乐: The Shake - Neal McCoy : (Album: The very Best Of)



Sec1. Walk Fwd Lt- Rt- Lt- Kick Rt. Step Bk Rt-Turn-Turn-Step.

1-4 Walk Fwd On left-Right-Left-Kick Right Foot Fwd.
5-6 step Back on Right-make a 1/4 to Left on left foot.
7-8 make a 1/4 turn to Left on right foot.step Left foot Fwd.

Sec 2.Walk Fwd Rt-LT-RT-Kick Lt. step BK Lt-Rt-Lt-Stomp Rt.

1-4 Walk Fwd on Right-Left-Right-Kick Left Foot Fwd.
5-8 Step Back on Left-Right-Left-Stomp Right next to Left.

Sec 3. Fan RT-2-3-4 Fan Lt-2-3-4

1-4 keep the Weight on Right Heel Fan Toe RT-Center-Rt-Center.
5-8 Keep the Weight on Left Heel Fan Toe Lt-Center-Lt-Center.

Sec 4. Shimmy Lt-2-3-4 Shimmy Rt-2-3-4.

1-2 take a Big Low Step to Lt side(Slow Step shaking your shoulders)
3-4 slide Right foot up to Left (coming back up)And Clap hands.
5-8 Repeat Shimmy to Right side .

Start over from sec 1.

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