

Shake Your Body

COPPERKNOB
STEPSHETS

拍数: 96 墙数: 4 级数: Phrased Intermediate
编舞者: Queen (CN) - August 2017
音乐: 《Shake Your Body》 by 2014 Pepsi star advertising theme song



Intro: 32 counts - Sequence: ABAC B TAG1 AABA TAG2 C TAG1 AAA

NOTES:-

At the wall 5, after 16 counts then dance Tag1

Dance Tag2 at the end of wall 9

Dance Tag1 at the end of wall 10

A: 32 counts

Sec A1: [1-8] WALK, WALK, SHUFFLE, WALK, WALK, KICK, OUT, OUT (12:00)

12 Walk R forward, Walk L forward
3&4 Step R forward, Step L next to R, Step R forward
56 Walk R forward, Walk L forward
7&8 Kick L forward, Step L to L side, Step R to R side (Weight to R)

Sec A2: [9-16] HOLD, CHANGE WEIGHT, TOGETHER, SIDE, TOUCH, TURN 1/4 R WALK, TURN 1/4 R WALK, SHUFFLE (6:00)

1 2 Hold and put your left hand to L side palm forward, Weight to L and put your right hand to L side palm forward,
&3 4 Step R next to L, Step L to L side, Touch R next to L
5 6 Turn 1/4 R step R forward, Turn 1/4 R step L forward (6:00)
7&8 Step R forward, Step L next to R, Step R forward

Sec A3: [17-24] SIDE, BACK CROSS, SIDE, BACK CROSS, TURN 5/4 L (3:00)

1234 Step L to L side, Touch R toe back cross L, Step R to R side, Touch L toe back cross R
(Style: Put both hands up, Sway both hands down to left side, Put both hands up, Sway both hands down to right side)
5678 Turn 1/4 L step L forward, Turn 1/2 L step R back, Turn 1/2 L step L forward, step R forward(3:00)

Sec A4: [25-32] CHARLESTON, FORWARD, KICK, BACK DRAG, BALL CHANGE (3:00)

1234 Step L forward, Kick R forward, Step R back, Touch L toe back
5678 Step L forward, Kick R forward, Step R back and drag L towards to R, Step L together and ball change to R

B: 32 counts

Sec B1: [1-8] STEP AND GRIND , STOMP x2 , PADDLE FULL TURN

12 Step R to R side and grind L heel out, Step L to L side and grind R heel out
34 Stomp R towards to the floor and shimmy one time, Stomp R towards to the floor and shimmy one time,
5678 Touch R toe forward and turn 1/4 L for 4 times(style: Every time put both hand up and sway right then recover to place)

Sec B2: [9-16] JUMP, HOP x3

1234 Jump to R side land R and put your R hand up, Hop R in place and put your R hand up For 3 times
5678 Jump to L side land L and put your L hand up, Hop L in place and put your L hand up For 3 times

Note: At the wall 5, After 16 counts then dance Tag1

Sec B3: [17-24] Repeat Sec B1

Sec B4: [25-32] Repeat Sec B2

C: 32 counts

Sec C1: [1-8] KICK, TOGETHER, POINT, KICK, TOGETHER, POINT, ROCK, TURN 1/2 R SHUFFLE

1&2 Kick R forward, Step R next to L, Point L to L side
3&4 Kick L forward, Step L next to R, Point R to R side
5 6 Rock R forward, Recover to L
7&8 Turn 1/2 R step R forward, Step L next to R, Step R forward

Sec C2: [9-16] KICK, TOGETHER, POINT, KICK, TOGETHER, POINT, ROCK, TURN 1/2 L SHUFFLE

1&2 Kick L forward, Step L next to R, Point R to R side
3&4 Kick R forward, Step R next to L, Point L to L side
5 6 Rock L forward, Recover to R
7&8 Turn 1/2 L step L forward, Step R next to L, Step L forward

Sec C3 17-24 Repeat Sec C1

Sec C4 25-32 Repeat Sec C2

Tag1:

[1-8] STEP AND GRIND, JUMP

1234 Step R to R side and grind L heel out, Step L to L side and grind R heel out, Step R to R side
and grind L heel out, Step L to L side and grind R heel out
5678 Jump in place and put both your hands up for 4 times

Tag2

[1-4] OUT OUT, HOLD, IN IN, HOLD

1 2 Step R to R side then Step L to L side (put both your arms straight to side), Hold
3 4 Step R in place then step L in place (put both your hands back to body), Hold

HAVE YOUR FUN!

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