

# Shake Rumble and Quake

COPPERKNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - October 2017  
音乐: Shake Rumble and Quake (feat. Latif) - Bonti



Start after 32 count intro – 14 seconds – 82bpm – 3mins 27secs

Music Available: Amazon

## [1-8] R side tap 3x, R diagonal kick, R behind-side-cross, hold

- 1-4            Tap R toes slightly right side, tap R toes farther right, tap R toe farther right, kick R on right diagonal  
5-8            Cross step R behind L, step L side, cross step R over L, hold

## [9-16] L toes strut, R cross strut, L diagonal kick, L behind-1/4 R-L fwd

- 1-4            Touch L toes left side, step L heel down, cross touch R toes, step R heel down  
5-8            Kick L on left diagonal, cross step L behind R, turning ¼ right step R forward, step L forward (3 o'clock)

## [17-24] R fwd, hold, L fwd, ½ R pivot turn, L fwd, hold, R fwd, ½ L pivot turn

- 1-4            Step R forward, hold, step L forward, pivot ½ right (9 o'clock)  
5-8            Step L forward, hold, step R forward, pivot ½ left (3 o'clock)

## [25-32] ¼ L & R side, hold, L rock back/recover, L side, hold, R rock back/recover

- 1-4            Turning ¼ left step R side (12 o'clock), hold, rock L back, recover weight on R  
5-8            Step L side, hold, rock R back, recover weight on L (in 3rd position – the heel of your front foot touches the arch of your back foot, L toes pointed to L diagonal, R toes pointed to R diagonal)

## [33-40] R beside L (toes in, heels out), travelling applejack R 2, hold & clap, L cross rock/recover, L side, hold

- 1            Step R beside L (both feet making a V shape – toes out, heels in)  
2            With weight on L heel and R toes turn L toes in and R heel out  
3            With weight on L toes and R heel turn L heel in and R toes out ending with weight on R  
4            Hold & clap  
5-8            Cross rock L over R, recover weight on R, step L side, hold

### Non-applejack version:

- 1-4            Step R side, twist both heels R, twist both toes R, hold & clap

## [41-48] R jazz box with toes struts, L fwd, ¼ R pivot turn

- 1-4            Cross touch R toes over L, step R heel down, touch L toes back, step L heel down  
5-8            Touch R side, step R down, step L forward, pivot ¼ right (3 o'clock)

## [49-56] R weave 5, R side mambo

- 1-4            Cross step L over R, step R side, cross step L behind R, step R side  
5-8            Cross step L over R, rock R side, recover weight on L, step R together

## [57-64] L side mambo, hold, R fwd, ½ L pivot turn, R fwd, L together

- 1-4            Rock L side, recover weight on R, step L together, hold (weight on L)  
5-8            Step R forward, pivot ½ left (9 o'clock), step R forward, step L together

### TAG: At the end of wall 2 facing back wall, dance the following:

- 1-4            Step R fwd, hold & clap, pivot ½ left, hold & clap  
5-8            Step R fwd, hold & clap, pivot ½ left, hold & clap (6 o'clock)

Ending: Dance will end facing front wall. At end of 8th wall simply step R fwd and Shake Rumble and Quake.

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