

# Shake It Up

拍数: 48                      墙数: 4                      级数: Improver  
编舞者: Alan Birchall (UK) & Jacqui Jax (UK) - November 2017  
音乐: Shake It Up - Ringo Starr : (CD: Give Me Love)



(Thanks to Rick Culley for suggesting this track)

Alternative: Buddy Holly Rave On Medley – The Dean Brothers

Start: On Lyrics Seconds: 8 Counts: 16 BPM: 165

## RIGHT STRUT, LEFT STRUT, JAZZ BOX, HOLD

1-2                      Touch Right Heel Forward, Slap Right Foot To Floor  
3-4                      Touch Left Heel Forward, Slap Left Foot To Floor  
5-6                      Cross Right Over Left, Step Back On Left  
7-8                      Step Right To Right, Hold

## TRAVELLING DWIGHTS, ROCK, RECOVER, CROSS, HOLD

9                        Touch Left Toe To Right Instep Whilst Swivelling Right Heel Towards Left  
10                      Touch Left Heel To Right Instep Whilst Swivelling Right Toe Towards Left  
11                      Touch Left Toe To Right Instep Whilst Swivelling Right Heel Towards Left  
12                      Touch Left Heel To Right Instep Whilst Swivelling Right Toe Towards Left  
13-14                  Rock Left To Left, Recover On Right  
15-16                  Cross Left Over Right, Hold

## BACK LOCK STEP, HOLD, COASTER STEP, HOLD

17-18                  Step Back On Right, Lock Left Over Right Left  
19-20                  Step Back On Right, Hold  
21-22                  Step Back On Left, Step Right By Left  
23-24                  Step Forward On Left, Hold

## STEP ½ PIVOT, STEP, HOLD X2

25-26                  Step Forward On Right, ½ Pivot Left 06:00  
27-28                  Step Forward On Right, Hold/Clap  
29-30                  Step Forward On Left, ½ Pivot Right 12:00  
31-32                  Step Forward On Left, Hold/Clap

## WEAVE ¼ TURN, JAZZ JUMPS FORWARD & BACK WITH CLICKS

33-34                  Cross Right Over Left, Step Left To Left  
35-36                  Cross Right Behind Left, Making ¼ Turn Left Step Left To Left 09:00  
&37-38                  Jump Slightly Forward Landing Right, Left, Hold Click Fingers (Shoulder High)  
&39-40                  Jump Slightly Back Landing Right, Left, Hold Click Fingers (Shoulder High)

## TRAVELLING SWIVELS, ½ MONTEREY TURN

41-42                  Swivel Both Heels Left, Swivel Both Toes Left (Moving To Left)  
43-44                  Swivel Both Heels Left, Swivel Both Toes Left (Moving To Left)  
45-46                  Point Right To Right, Make ½ Turn Right Step Right by Left 03:00  
47-48                  Point Left To Left, Step Left By Right

## START AGAIN

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