

# Shake it off

拍数: 56      墙数: 4      级数: High Beginner  
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音乐: Shake It Off - Taylor Swift



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## Section 1: Sliding Forward Right then left

1-4      Step forward at an angle right together left, right together left.  
5-8      Step forward at an angle left together right, left together right.

## Section 2: Hopping backwards right to left.

1-4      Hop back angle right, right left, this is 1 and 2. Hop back angle left, left right, this is 3 and 4.  
5-8      Hop back angle right, right left, this is 5 and 6. Hop back angle left, left right, this is 7 and 8.

## Section 3+4: Ankle swivels $\frac{1}{4}$ turn and $\frac{1}{2}$ turn.

1-4      Step out with right foot and swivel with right for 4 counts while turning  $\frac{1}{8}$  th of turn left.  
5-8      Finishing  $\frac{1}{4}$  turn by swiveling left foot for 4 counts.

1-4      Step out right and swivel 4 counts for  $\frac{1}{4}$  turn.  
5-8      Swivel left for 4 counts for  $\frac{1}{4}$  turn.

## Section 5: Right together left, left together right.

1-4      Right together left, right together left.  
5-8      Left together right, left together right.

## Section 6: Stomp right hold, stomp left hold, and shake.

1-4      Stomp to the Right for 1-2, Stomp to the left for 3-4.  
5-8      Swing hips right left right left for 5-6-7-8.

## Section 7: 4 heel $\frac{1}{4}$ turns.

1-4      Right heel  $\frac{1}{4}$  turn left, left heel and stay.  
5-8      right heel  $\frac{1}{4}$  turn left, left heel and stay.

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