

Shake Shake

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: High Improver
编舞者: Ann-Kristin Sandberg (NOR) & Tom Inge Soenju (NOR) - February 2019
音乐: Shake Shake - Nessi : (iTunes, Google Play and Amazon)



Intro: 16 counts

Sequence: Repeating sequence.

Tag/Restart: Restart after 16 counts on wall 3 and no tags.

End: Dance as normal till music ends

SECTION 1: OUT-OUT, COASTER STEP, STEP-½ R PIVOT, STEP-LOCK-STEP

1-2 Step RF fwd to R diag, Step LF fwd to L diag
3&4 Step RF back, Step LF next to RF, Step RF fwd
5-6 Step LF fwd, ½ R turn (weight on RF) (F06:00)
7&8 Step LF fwd, Lock RF behind LF, Step LF fwd (Optional: Put arms up (7), Put arms down (&), Put Arms up (8))

SECTION 2: FWD SKATING, KICK-COASTER STEP, STEP-¼ L PIVOT, HEEL OUT-OUT, IN-IN

1&2 Skate fwd R, L, R (small steps like you shake from side to side)
3&4& Kick LF fwd, Step back on LF, Step RF next to LF, Step LF fwd
5-6 Step RF fwd, ¼ L turn (weight on LF) (F03:00)
7&8& Step R heel fwd to right diag, Step L heel fwd to left diag, Step RF back, Step LF next to RF
(Restart here on wall 3)

SECTION 1: STEP-KICK-BACK, BACK ROCK-RECOVER, SIDE-TOGETHER-SIDE-TOUCH, POINT-TOUCH-KICK-BALL

1-2 Step RF fwd, Kick LF fwd
3-4& Step LF back, Step RF back, Recover weight onto LF
5&6& Step RF to R side, Step LF next to RF, Step RF to R side, Touch LF next to RF
7&8& Point LF to L side, Touch LF next to R, Kick LF fwd, Step back on ball of LF

SECTION 2: STEP-½ L PIVOT X2, ½ R TURN TOE-STRUT JAZZ BOX

1-2 Step RF fwd, Half L turn (weight on LF) (F09:00)
3-4 Step RF fwd, Half L turn (weight on LF) (F03:00)
5&6& Cross R toe over LF, Step R heel down, 1/8 R turn and touch L toe back, Step L heel down (F04:30)
7&8& ¼ R turn and touch R toe fwd, Step R heel down, 1/8 R turn and touch L toe fwd, Step L heel down (F09:00)

Start again and enjoy! Happy Dancing!

Contact: If anything is unclear or if you would like additional information, please contact us:

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