

Gonna Shake Shake Shake

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Easy Beginner
编舞者: Liz Atkinson (USA) - September 2019
音乐: Shake It Off - Taylor Swift



NO RESTARTS!

*Tag: There is an 8-count silence after wall 13 (9:00). Strike a pose and hold it for a bit of whimsy.

S1: R LINDY, STEP, TOUCH, STEP, TOUCH

1 & 2, 3, 4 Step RF to R side, step LF together, step RF to R side, rock LF behind RF, recover RF
5, 6, 7, 8 Step LF to L, touch RF beside LF, step RF to R, touch LF beside RF (12:00)

S2: L LINDY, STEP, TOUCH, STEP, TOUCH

1 & 2, 3, 4 Step LF to L side, step RF together, step LF to L side, rock RF behind LF, recover LF
5, 6, 7, 8 Step RF to R, touch LF beside RF, step LF to L, touch RF beside LF (12:00)

S3: ROCKING CHAIR, STEP, 1/4 PIVOT L, R HAND ON HIP, L HAND ON HIP

1, 2, 3, 4 Rock RF forward, recover LF, rock RF back, recover LF
5, 6 Step RF forward, 1/4 pivot L
7, 8 Touch RF next to LF and put R hand on R hip, put L hand on L hip (9:00)

S4: HIP BUMP SEQUENCE: DOUBLE R, DOUBLE L, SINGLES R-L-R-L

1 & 2, 3 & 4 (With hands on hips) Bump hips R-L-R, L-R-L
5, 6, 7, 8 (Drop arms and shake wrists and hands) Single hip bumps R-L-R-L (9:00)

SMILE AND BEGIN AGAIN!

*It is helpful if the instructor can clap or snap during the 8-count silence to help class resume dancing on time.

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