

Shake It on Down

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Pat Newell (USA) - December 2019
音乐: Soul Shake - Tommy Castro



Senior Dancing Series

Learning: Step together steps, vines, holds, pivots, jazz Box, heel swivels
80 in start on lyrics

STEP TOGETHER STEP TOUCH, RIGHT AND LEFT ON SLIGHT DIAGONAL

1-4 Step R fwd, step L fwd beside R heel, step R fwd, touch L (angle R fwd)

5-8 Step L fwd, step R fwd beside L heel, step L fwd, touch R (angle L fwd)

DIAGONAL STEP TOUCHES BACK (ZIG ZAG PATTERN)

1-4 Step back R, touch L next to R, step back on L, touch R next to L (on angle)

5-8 Step back L, touch R next to L, step back on R, touch L next to R (on angle)

STEP FORWARD HOLD, ¼ PIVOT LEFT HOLD, REPEAT TO 6:00 WALL

1-4 Step fwd on R, hold, pivot ¼ L on L, hold

5-8 step fwd on R, hold, pivot ¼ L on L, hold 6:00

JAZZ BOX, HEEL SWIVELS

1-4 Cross R over L, step back on L, step on R, step L next to R

5-8 Swivel heels R, C, R, C

No Tags, No Restarts

DANCE FOR THE HEALTH OF IT
