

Shake

拍数: 64 墙数: 2 级数: Advanced
编舞者: Hiroko Carlsson (AUS) - November 2021
音乐: Shake - L.L.A.M.A, Carmen DeLeon & Ne-Yo : (Spotify / Amazon)



(Dance starts on lyrics/16 counts intro)

[S1] Side Rock-&-Fwd Rock, 3/4L Triple Turn, Side Rock-&

1 2& Rock R to the side, Replace weight on L, Step R next to L
3 4 Rock forward on L, Replace weight on R
5&6 Making a 3/4 turn left triple step on L-R-L (3:00)
7 8& Rock R to the side, Replace weight on L, Step R next to L

[S2] Side Rock-&-Fwd Rock, R Full Triple Turn, Side Shuffle

1 2& Rock L to the side, Replace weight on R, Step L next to R
3 4 Rock forward on R, Replace weight on L
5&6 Making a full turn right triple step on R-L-R (3:00)
7&8 Side shuffle to the left on L-R-L - prep for push back to the side

[S3] Side w/ Sweep 1/4L into Drunken Sailor, Back w/ Sweep into Drunken Sailor (Modified: with Back Rock)

1 Step R to the side starting to turn 1/4 left /sweeping L around R (12:00)
2&3 Step L behind R, Step R to the side, Step L to the side
&4& Step R behind L, Step L to the side, Step R to the side
5 Step back on L/sweeping R around L
6&7 Step R behind L, Step L to the side, Step R to the side
&8 Rock/step L behind R, Replace weight on R (12:00)

[S4] Modified Rumba Box w/ 1/4R Hook, Rumba Box

1&2 Step L to the side, Step R next to L, Step forward on L
&3& Step R to the side, Step L next to R, Step back on R
4 Step back on L making a swift 1/4R turn/R toes across L (3:00)
5&6 Step R to the side, Step L next to R, Step forward on R
7&8 Step L to the side, Step R next to L, Step back on L**

[S5] Side, Cross Samba, Cross-Side, Toe Strut Behind, Ball-Cross-1/4R-Side-Tap

1 Step R to the side
2&3 Cross L over R, Rock R to the side, Replace weight on L
4& Cross R over L, Step L to the side
5 6 Touch R toes behind L, Drop R heel
&7& Ball step L to the side, Cross R over L, Make a 1/4 turn right stepping back on L (6:00)
8& Step R to the side, Tap L next to R

[S6] Side, Cross Rock, Shuffle Turn 1/4R-1/2R, 1/4R Side Rock, Tap-Side

1 2& Step L to the side, Rock/across R over L, Replace weight on L
3&4 Making a 1/4 turn right-shuffle forward on R-L-R (9:00)
5&6 Making a 1/2 turn right-shuffle back on L-R-L (3:00)
&7 Make a 1/4 turn right rock R to the side, Replace weight on L (6:00)
8& Tap R next to L, Step R to the side

[S7] Cross Rock, Shuffle Turn 1/4L-1/2L, 1/4L Side Rock-Cross Rock

1 2 Rock/across L over R, Replace weight on R
3&4 Making a 1/4 turn left-shuffle forward on L-R-L (3:00)

5&6 Making a 1/2 turn left-shuffle back on R-L-R (9:00)
&7 Make a 1/4 turn left rock L to the side, Replace weight on R (6:00)
&8 Rock/across L over R, Replace weight on R

[S8] 1/8L Lunge-Recover-Together, Touch-1/2R Double Heel, Ball-Fwd Rock-Together, Touch, 5/8R Heel

1 2& Make a 1/8 turn left lung forward on L, Replace weight on R, Step L together (4:30)
3&4 Touch back on R (3), Make a swift 1/2 turn right on L/touch R heel forward twice (&4) (10:30)
&5 Ball step on R in place, Rock forward on L
6& Replace weight on R, Step L together
7 8 Touch back on R, Make a 5/8 turn right on L/touch R heel forward (6:00)

Restart + Tag on Wall 2 count 32**

Wall 2 - Dance up to S4 (9:00), then add the following 4 counts Tag (Box 1/4R)

1 2 Cross R over L, Make a 1/4 turn right stepping back on L
3 4 Step R to the side, Step forward on L (12:00)

Ending: The last wall starts facing 12:00. Dance up to S2 count 32 (3:00), then
Make a 1/4 turn left stepping back on R (12:00)**

**Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 17/Nov/21)**
