

# Shake and Move

COPPER KNOB  
STEPSHEETS

拍数: 64                      墙数: 4                      级数: Intermediate  
编舞者: Pita Loppies (INA) - March 2022  
音乐: Move it (edited) - Cynthia Lamusu



Sequences : A , A , B ,tag 16 count, A ,A ( 16 count ) ,B , B, A, A, B, B  
Intro : 4 x 8 ( Start on vocal)  
#1 Tag after 3rd repetition

## A: 32c

### Section 1 Rock Recover , Step lock step, Pivot , Forward, 1/4 turn Right , 1/4 Turn Left

1 - 2                      Rock R forward , Recover on L  
3 & 4                      Step R forward , Lock L behind , Step R forward  
5 - 6                      Step L forward , 1/2 Turn to R (BW on R)  
& 7- 8                      Step L forward, 1/4 Turn R cross R over ( with Bend Knees ) , 1/4 Turn L step L forward

### Section 2 : Rock Recover , step lock step , pivot , 1/4 Turn Left, Drag

1 - 2                      Rock R forward, Recover on L  
3 & 4                      Step R forward , Lock L behind , Step R Forward  
5 - 6                      step L forward, 1/2 turn to R ( bw on R )  
7 - 8                      1/4 turn R Step L side , Drag R in

### Section 3 : Cross ,Touch, Behind ,Side, Cross, Rock ,Recover ,Back, Touch

1 - 2                      Cross R over , Touch L side  
3 & 4                      Step L behind , Step R side , Cross L over ( body angle 4:30 )  
5 - 6                      Rock R forward, Recover On L  
7 - 8                      Step R back , Touch L toe side

### Section 4 : Touch ,Touch , Botafogo, Jazz Box turn

1 - 2                      Touch L toe forward, Touch L toe Side  
3 & 4                      Cross L over , 1/8 Turn Left, Rock R side , Recover on L  
5 - 6                      Cross R over , 1/4 Turn R step L back  
7 - 8                      Step R side , Step L forward

## B: 32c

### Section 1 : Forward Charleston, Rock ,Recover, Step lock step

1 - 2                      Step R forward, Touch L forward  
3 - 4                      Step L back, Touch R back  
5 - 6                      Rock R forward with body roll, Recover on L  
7 & 8                      Step R forward , Lock L behind ,Step R forward

### Section 2 : Rock ,Recover, Step lock step, walk, walk Rock ,Recover.

1 - 2                      Rock L forward ,Recover on R  
3 & 4                      Step L back , Lock R over , Step L back  
5 - 6                      Rock R back , Recover on L  
7 - 8                      Step R forward, step L forward

### Section 3 : Kick ball touch RL, Jazz Box turn

1 & 2                      Kick R forward , Step R ball next to L , Touch L side  
3 & 4                      Kick L fwd ,Step L ball next to R , Touch R side  
5 - 6                      Cross R over , 1/4 Turn right step L back  
7 - 8                      Step R side , Step L fwd

**Section 4 : Dorothy RL ,Rock , Recover, Back ,Together.**

- 1 2&                Step R diagonally forward , lock L behind ,Step R diagonally forward  
3 -4 &             Step L diagonally forward , Lock R behind ,Step L diagonally Forward  
5 -6                Rock R forward, Recover on L  
7 - 8 &             Step R back with drag in L Heel, Close L together

**Tag : 2 x 8 :**

**Step Fwd Kick, Step Back Touch**

- 1 - 4                Step R fwd , Step L Fwd , Step R Fwd , L kick  
5 - 8                Step L back, Step R back , Step L back , RF touch beside L

**Grape Vine , Rolling Vine**

- 1 - 4                Step R side ,Step L behind, Step R side, Touch L next to R  
5 - 8                1/4 Turn L BW on L, 1/2 Turn L step R back, 1/4 Turn L Step L side

**Last Update - 15 Mar 2022 r3**

---