

Shake It Like That

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Rick Dominguez (USA) & Jonno Liberman (USA) - April 2022
音乐: Shake - L.L.A.M.A, Carmen DeLeon & Ne-Yo : (Single)



[1-8] Touch, Hip Bump, Coaster, Press Front, 3/8 Press Side, 3/8 Step, Point (6:00)

1&2 Touch R forward (keep slight knee bend), Bump R hip up as you twist R heel right, Return hip and heel
3&4 Step R back, Step L next to R, Step R forward
5, 6 Press L forward (open body slightly right), Turn 3/8 left as you press L to left (10:30)
7, 8 Turn 3/8 left as you step L near R (6:00), Point R to right

[9-16] 1/4 Step, 1/2 Sweep, Hip Sways, 1/4 Samba Whisk x2 (9:00)

1, 2 Turn 1/4 right as you step R forward (9:00), 1/2 sweep right (3:00)
3, 4 Step L forward as you sway hips toward 3:00 (body open to 4:30), Sway hips back with weight on R
5, a6 Turn 1/4 right as you step L to left (6:00), Step R near L, Cross L over R
7, a8 Step R to right, Turn 1/4 right as you step L near R (9:00), Cross R over L

Note: As an easier option, counts 13-16 can be danced as 5&6, 7&8.

[17-24] Side, Hold, Ball Side, Cross, Recover, 1/4, Point, Step, 1/4 Monterey (3:00)

1, 2& Step L to left and shake your shoulders, Hold, Step R next to L
3, 4& Step L to left, Cross R over L, Recover back onto L
5, 6& Turn 1/4 right as you step R forward (12:00), Point L to left, Step L next to R
7&8 Point R to right, Turn 1/4 right as you step R next to L (3:00), Point L to left

[25-32] Ball Step, Hold, Ball Step, Mambo, Coaster, 1/2 Pivot, Collect (9:00)

&1, 2& Step L next to R, Step R forward, Hold, Step L next to R
3, 4& Step R forward, Rock L forward, Recover back onto R
5, 6& Step L back, Step R back, Step L next to R
7, 8& Step R forward, 1/2 pivot left keeping weight on R (9:00), Step L next to R

TAG: The tag is danced at the end of the third repetition. It starts and finishes facing 9:00. After the tag, begin the dance again from count 1.

[1-4] Touch, Hip Bump, Back, Touch, Hip Bump, Back (9:00)

1&2& Touch R forward (keep slight knee bend), Bump R hip up as you twist R heel right, Return hip and heel, Step R back
3&4& Touch L forward (keep slight knee bend), Bump L hip up as you twist L heel right, Return hip and heel, Step L back

Dance Your Yaaas Off
DanceJonnoDance@gmail.com

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