

Shake Shake Shake

COPPER KNOB
STEPPERS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Daniel Exton (UK) - January 2023
音乐: Shake Your Booty - KC and the Sunshine Band



Sequence A, B, A, B, A, B, A until end

A1 Out, Out, In, In, Shuffle x2

1, 2 Right foot out, Left foot out
3, 4 Right foot in, Left foot next to Right
5 & 6 Right foot forward, Left foot behind Right, Right foot forward
7 & 8 Left foot forward, Right foot behind Left, Right foot forward

A2 Cross, Side, Sailor Step, Cross Side, Behind and Cross

1, 2 Cross Right over Left, Left to Left Side
3 & 4 Right foot behind Left, Left to Left side, Right to Right side
5, 6 Left Cross over Right, Right to Right side
7 & 8 Left foot behind Right, Right to Right side, Left foot cross over Right

A3 1/4 turn x2, Walk, Walk, Kick Ball Change

1, 2 Right foot forward, 1/4 Turn Left
3, 4 Right foot forward, 1/4 Turn Left
5, 6 Walk forward Right, Left
7 & 8 Kick Right foot out, Right foot next to Left, Left foot next to Right

A4 Paddle Turn x3 with hitch, Cross, Rock and Cross, Hitch

1, 2 Make 1/4 turn L point RF to R - Make 1/4 turn L point RF to R
3, 4 Make 1/4 turn L point RF to R, Flick R foot
5 Cross Right over Left
6 & 7 Rock Left to Left side, Recover onto Right, Left cross over Right
8 Hitch Right foot

B1 Hip Bumps, Side Cross Side, Hip Bumps, Side Cross Side

1 & 2 Bump hips Right, Left, Right (Weight on Left foot)
3 & 4 Right to Right side, Cross Left Over Right, Right to Right side
5 & 6 Bump hips Right, Left, Right (Weight on Left foot)
7 & 8 Right to Right side, Cross Left Over Right, Right to Right side

B2 Rock Forward, Shuffle Back, Rock Back, Step, 1/2 Turn

1, 2 Rock forward on Left, Recover onto Right
3 & 4 Shuffle Back Left, Right, Left
5, 6 Rock Back on Right, Recover onto Left
7, 8 Right foot forward, 1/4 Turn Left

B3 & B4 Repeat Sections B1&B2