

Shake It For Me (variation)

拍数: 32 墙数: 4 级数: Improver
编舞者: Larry Bass (USA)
音乐: Country Girl (Shake It for Me) - Luke Bryan



A variation of Larry's dance by an unknown author

Kick Ball Cross, Step Right Foot to Right Side into Hips (x2), ¼ Turn Sailor Step, Right Shuffle

- 1 & 2 Kick Right Foot, Step Down on Ball of Right Foot, Step Left Foot Across Right
- 3 & 4 Step Out To The Right Side With Right Foot Into Double Hips To Right
- 5 & 6 Right Sailor Step with ¼ Turn To Left (Back Right, Back Left, Forward Right)
- 7 & 8 Shuffle Forward (Right, Left, Right)

¼ Turn Clockwise, ½ Turn Clockwise, ½ Turn Clockwise, Coaster Step

- 1 Step Left Forward Into ¼ Turn Clockwise
- 2 Hold
- 3 Swing Right Foot Behind Left Into ½ Turn Clockwise
- 4 Hold
- 5 Swing Left Foot In Front of Right Foot Into ½ Turn Clockwise
- 6 Hold
- 7 & 8 Step Left Foot Back Into Left Coaster Step (Back Left, Back Right, Forward Left)

Step Pivot, Step Pivot, Shuffle Forward, Step Pivot

- 1 Step Right Foot Forward
- 2 ½ Turn Counterclockwise
- 3 Step Right Foot Forward
- 4 ½ Turn Counterclockwise
- 5 & 6 Shuffle Forward, (Right, Left, Right)
- 7 Step Left Foot Forward
- 8 ½ Turn Clockwise

Shuffle Forward, Rock Step, Coaster Step, ¾ Turn

- 1 & 2 Shuffle Forward (Left, Right, Left)
- 3 Step Right Foot Forward
- 4 Rock Back On Left Foot
- 5 & 6 Step Back On Right Foot Into Coaster Step (Back Right, Back Left, Forward Right)
- 7 Step Left Foot Behind Right (With Weight On Toe Of Left Foot)
- 8 Pivot (Turn) ¾ Turn Counterclockwise

Repeat and Enjoy!
