

Shake It, Shake It!

拍数: 32 墙数: 2 级数: High Beginner
编舞者: Michael Lynn (UK) - July 2023
音乐: Substitution (feat. Julian Perretta) - Purple Disco Machine & Kungs



(32 count intro, 124 bpm)

S1: GRAPEVINE, POSH HANDBAG x3

1-2 Step right to right side, cross left behind right
3-4 Step right to right side, cross touch left over right
5-6 Step left to left side, cross touch right over left
7-8 Step right to right side, cross touch left over right

S2: WEAVE 1/4 TURN, SCUFF-HITCH-TOE TOUCH, SHAKEY SHAKEY

1-2 Step left to left side, cross right behind left
3-4 1/4 turn left stepping forward left, scuff & hitch right (09:00)
5 Touch right toe forward
6-7-8 Keeping weight left shimmy/shake and bump hips over 3 counts

S3: JAZZ BOX 1/4 TOUCH, FULL ROLLING VINE

1-2 Cross right over left, step back left
3-4 1/4 turn right stepping right to right side, touch left toe to left side (12:00)
5-6 1/4 turn left stepping forward left, 1/2 turn left stepping back right
7-8 1/4 turn left stepping left to left side, touch right beside left

ALT: For an easier option replace the rolling vine with a grapevine

S4: ROCK RECOVER, TOE LIFTS, 1/2 WALKAROUND

1-2 Rock forward right, recover left
3&4 Step right next to left, lift both toes up (keeping heels in contact with floor), lower both toes (keep weight left)
5-6 1/4 turn right step forward right, close left next to right (03:00)
7-8 1/4 turn right step forward right, close left next to right (weight left) (06:00)

TAG 1 (Danced after Wall 2) – HANDBAGS

1-2 Step right out & forward, touch left beside right
3-4 Step left out & forward, touch right beside left

TAG 2 (Danced after Wall 4) – HANDBAGS 'N' ROLL

1-2 Step right out & forward, touch left beside right
3-4 Step left out & forward, touch right beside left
5-8 Step right to right side as you circle your hips clockwise (motion right-back-left - weight ends on left)