

Shaking It Up!

拍数: 32 墙数: 4 级数: Improver
编舞者: Terry Pournelle (USA) & Connie Kern (USA) - August 2023
音乐: Might As Well Be Me - Brothers Osborne



#16 Count Intro - 1 Easy Restart - 1 Tiny Tag

LUNGE, SHAKE/SHIMMY, TRIPLE LEFT, ¼ TURN, WALK, WALK

1-4 Press right to right diagonal (Lunge), bending knees, shake/shimmy, step right beside left
5&6 Step left to left side, step right together, turning ¼ left, step left (9:00)
7-8 Walk right, walk left

LOCK FORWARD, ROCK RECOVER CROSS, LOCK BACK, TRIPLE LEFT

1&2 Step forward right, lock step left slightly behind right, step right forward
3&4 Rock left to side, step right, cross left over right
5&6 Step right back, step left across right, step right back
7&8 Step left to left side, step right together, step left to left side

RESTART HERE ON WALL 3 AFTER 16 COUNTS (3:00)

SCUFF, STEP, SWIVEL HEEL, SAILOR, SAILOR

1-2 Scuff right forward, step on the ball of the right (slightly forward)
3&4 Swivel right heel out-in-out (weight is on the left foot for counts 1-4)
5&6 Step R behind L, step L in place, step R to side (Sailor Step)
7&8 Step L behind R, Step R in place, step L to side (Sailor Step)

2x ½ PIVOTS, OUT, OUT, CIRCLE HIPS

1-2 Step R forward, Pivot 1/2 left with weight on L (3:00)
3-4 Step R forward, Pivot 1/2 left with weight on L (9:00)
5-6 Step R out, Step L out (feet about shoulder width apart)
7-8 Circle hips counterclockwise starting from left - finish with weight on L

TAG HERE ON WALL 8 (3:00)

TAG-

1-2 Circle hips counterclockwise starting from left - finish with weight on L

START AGAIN

ENJOY!!!

dancinterry2003@yahoo.com
connie@cckreative.com