Disco Shake



拍数: 32 墙数: 2 级数: Beginner

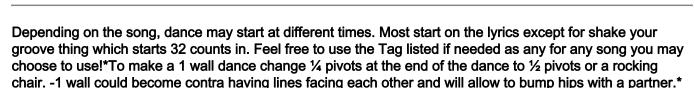
编舞者: Michelle Wright (USA) - October 2023

音乐: Shake Your Groove Thing - Peaches & Herb

或: Shake Your Body (Down to the Ground) (7" Version) - The Jacksons

或: Hot Stuff - Donna Summer

或: Better Place - NSYNC & Justin Timberlake



Alt music: Stayin alive by Lizzo, Houdini by Dua lipa, Lil boo thang by Paul Russell

Section 1: R&L double Hip bump, R&L hip bumps

| 1,2 | Step R to R side and bump hip R x2 |
|-----|---------------------------------------|
| 3.4 | Recover weight on L and Bump hip L x2 |

5,6 Bump hip R, Bump hip L 7,8 Bump hip R, Bump hip L

Section 2: R grapevine w/ clap, L rolling grapevine w/ clap

1,2 Step R to R side, Step L behind R

3,4 Step R to R side, Point L to L side and Clap

5,6 1/4 turn L stepping L forward, 1/2 turn L stepping R back 7.8 1/4 turn L stepping L to L side. Touch R next to L and clap

(Easier option; Grapevines R&L)

Section 3: Back Diagonal step touches w/claps, Syncopated back touches

1,2 Step R back to R diagonal, Touch L next to R and clap 3,4 Step L back to L diagonal, Touch R next to L and clap

&5&6 Hop back R, Touch L next to R, Hop back L, Touch R next to L &7&8 Hop back R, Touch L next to R, Hop back L, Touch R next to L

(easier option: 4 back touches with claps)

Section 4:Hop forward, Hop back, 1/4 pivots x2

&1&2 Hop forward R,L, Shake hips Hop back R,L, Shake hips &3&4

(Easier option: V-step)

5,6 Step R forward, ¼ pivot L putting weight on L 7,8 Step R forward, 1/4 pivot L putting weight on L

(No turn option: R Rocking chair or 1/2 pivots x 2

Tag for Shake your groove thing (or any song that needs a tag): End of wall 2:

Double Hip bumps R&L

1,2 Step R to R side and Bump hip R x2 3,4 Recover weight on L and Bump hip L x2

End of dance! Any questions email Michellelinedance@gmail.com

Last Update: 15 Nov 2023



