

Shake It Girls

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Country Girl (Shake It for Me) - Luke Bryan



#32 Count Intro

SEC 1 Walk, Walk, Anchor Step, Back Knee Pop, Back Knee Pop, ¼ Weave

1-2 Step right forward, step left forward
3&4 Rock right back, recover weight onto left, step right back
5 Step left back popping right knee forward
6 Step right back popping left knee forward
7&8 Step left back, turn ¼ right step right to right, cross left over right (3:00)

SEC 2 Dorothy Step, Dorothy Step, ½ Monterey

1-2& Step right forward to right diagonal, lock left behind right, step right forward
3-4& Step left forward to left diagonal, lock right behind left, step left forward
5-6 Point right to right, turn ½ right step right beside left (9:00)
7-8 Point left to left, step left beside right

SEC 3 Stomp, Hold, Weave, Stomp, Hold, Weave

1-2 Stomp right to right, hold
3&4 Step left behind right, step right to right, cross left over right
5-6 Stomp right to right, hold
7&8 Step left behind right, step right to right, step left forward

SEC 4 Step, ½ Pivot, Step, ¼ Pivot, Rocking Chair

1-2 Step right forward, pivot ½ left transferring weight on to left (3:00)
3-4 Step right forward, pivot ¼ left transferring weight on to left (12:00)
5-6 Rock right forward, recover weight onto left
7-8 Rock right back, recover weight onto left

SEC 5 Full Turn Diamond

1&2 Cross right over left, step left to left, turn ⅛ right step right back (1:30)
3&4 Turn ⅛ right step left behind right, step right to right, turn ⅛ right cross left over right (4:30)
5&6 Turn ⅛ right cross right over left, step left to left, turn ⅛ right step right back (7:30)
7&8 Turn ⅛ right step left behind right, step right to right, turn ¼ right step left forward (12:00)

SEC 6 Side Mambo, Side Mambo, ¼ Paddle x4

1&2 Rock right to right, recover weight onto left, step right beside left
3&4 Rock left to left, recover weight onto right, step left beside right
5-6 Turn ¼ left point right to right, turn ¼ left point right to right (6:00)
7-8 Turn ¼ left point right to right, turn ¼ left point right to right (12:00)

SEC 7 Heel Switches, Heel Hook Heel, ¼ Together, Heel Switches, Heel Hook Step

1& Touch right heel forward, step right beside left
2& Touch left heel forward, step left beside right
3&4 Touch right heel forward, hook right over left, touch right heel forward
& Turn ¼ left step right beside left
5& Touch left heel forward, step left beside right
6& Touch right heel forward, step right beside left (9:00)
7&8 Touch left heel forward, hook left over right, step left forward

SEC 8 Kick Ball Change, Kick Ball Change, Extended Weave, Touch

- 1&2 Kick right forward, step right beside left, step left forward
3&4 Kick right forward, step right beside left, step left forward
5&6& Cross right over left, step left to left, step right behind left, step left to left
7&8 Cross right over left, step left to left, touch right beside left

Ending After 40 counts of Wall 6

- 1-2 Turn $\frac{1}{4}$ right stomp right to right, stomp left to left
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