

Shook

拍数: 48 墙数: 4 级数: Improver
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音乐: Shook - Meghan Trainor



no tags, no restarts

Section 1: (1-8) Walk-Walk, Side Touches, Toe Twist

- 1-2 Step forward R-L
- 3 Touch R ball of foot to the side
- &4 Step R foot beside L foot, Touch L ball of foot to the side
- 5-8 With L heel off the floor, grind ball of L foot gently into the floor by twisting L heel inward toward body/turning L knee outward (5), then twist L heel outward away from body/turning L knee inward (6) then twist L heel inward toward body/turning L knee outward (7) then twist L heel outward away from body/turning L knee inward (8)

Section 2: (9-16) Coaster, Pivot, Walk Forward (or full turn), ¼ turn L

- 1&2 Left Coaster: Step back onto L foot, & step R foot back and next to L foot, Step forward onto L foot
- 3-4 Step R foot forward, Pivot ½ turn to the L (end facing 6:00 wall)
- 5-6 Step forward R-L (you may also do two half turns to the L as you step R-L-end facing 6:00 wall)
- 7-8 Turn ¼ to the L stepping R foot the side while turning on L foot and hold on count 8 (optional arm

styling on count 8 (end facing 9:00 wall). Transfer weight to L foot on 8.

Section 3: (17-24) Two Sailor Shuffles, Jazz Box

- 1&2 Right Sailor: Step R behind L, Step L to the side, Step R to the side (with swaying motion)
- 3&4 Left Sailor with ¼ turn L: Step L behind R, Step R back turning ¼ to the L, Step forward L (with swaying motion, end facing 12:00 wall)
- 5-8 Jazz Box with ¼ turn R: Cross R over L, Step L back, Step R to the side and you step ¼ to the R (end facing 9:00 wall), Step L across R

Section 4: (25-32) Big step to the R, Slide, Shuffle L, Rock-recover

- 1 Step a big step to the R (facing 9:00 wall)
- 2-3-4 Slowly slide L foot toward R foot and touch L beside R (optional: extend arms for styling)
- 5&6 Shuffle to the left--step L & step R beside L, step L
- 7-8 Gently rock R foot back and transfer/recover weight onto L foot

Section 5: (33-40) Shuffle Forward, Step Pivot, Repeat

- 1&2 Right Shuffle Forward—stepping R-L-R
- 3-4 Step L forward, Pivot ½ to the R (end facing 9:00)
- 5&6 Left Shuffle Forward—stepping L-R-L
- 7-8 Step R forward, Pivot ¼ to the L (end facing 6:00)

Section 6: (41-48) Shuffle Forward, Step Pivot, Repeat (repeat of section 5)

- 1&2 Right Shuffle Forward—stepping R-L-R
- 3-4 Step L forward, Pivot ½ to the R (end facing 12:00)
- 5-6 Left Shuffle Forward—stepping L-R-L
- 7-8 Step R forward, Pivot ¼ to the L (end facing 9:00)

Be creative with your arm styling. It's all up to you!!

