

Shake Shake

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Heather Rowe (AUS) - January 2025
音乐: Shake Shake (All Night Long) - Mason Ramsey



Right step lock, step together step, left step lock, step together step

1, 2, Right step, lock left behind right,
3&4 step right foot forward, step left together, step right foot forward,
5, 6, Left step, lock right behind left,
7&8 step left foot forward, step right together, step left forward. (12:00)

Rock forward and back, left back lock back, 1/2 turn shuffle clockwise, left side rock 1/4 cross

9&10, Rock forward on right foot, recover to left and rock back onto right,
11&12 step left back, lock right over left and step left back again,
13&14, turn clockwise with a 1/2 shuffle over right shoulder, right, left, right,
15&16 step left foot forward taking the weight as you turn 1/4 turn right transfer weight onto right foot
and step left across right foot. (9:00)

1/2 hinge turn anti-clockwise, right samba, left sailor, right sailor

17, 18, Step weight onto right foot as you start a hinge turn anti- clockwise taking weight onto left foot
as you complete the 1/2 turn,
19&20 step right across left, step left to left side and right to right side (samba),
21&22, Step left behind right, step right to right side and left to left side (sailor),
23&24 step right behind left, step left to left side and right to right side (sailor). (3:00)

Left samba, walk forward right, left, right mambo forward, left mambo back.

25&26, Step left across right, step right to right side, step left to left side (samba),
27, 28 walk forward stepping right, left,
29&30, Rock forward on right, taking weight onto right, recover onto left and step right foot beside left
foot,
31&32 rock back on left foot, taking weight onto left foot, recover onto right foot and step left foot
beside right. (3:00)

Tag: done at the end of wall 2.

1, 2, 3&4& Elvis knees, left, right, left, right, left, right.

Last Update: 11 Jan 2025
