

Shake It Off

拍数: 32 墙数: 2 级数: Beginner
编舞者: DJ Line Dance (USA) - February 2025
音乐: Shake It Off - Taylor Swift
或: Sweet but Psycho - Ava Max



Part 1

1234 R Vine Twist
1 R side step
2 L cross behind R
3 R side step
4 L (twist) R together
5678 Spinning L vine - 5 L side step, 6 Left 180 degree R cross in front L, 7 Left 180 degree L cross behind R, 8 L R together

Part 2

1 Upper arm pumps R hip shake
2 R hip shake
3 Upper arm pumps L hip shake
4 L hip shake
5 Arms down on each side R side step
6 L on ground heel tap inward
7 Arms down on each side L side step
8 R on ground heel tap inward

Part 3

1 Lean right low hand shakes
2 Low hand shakes
3 Lean left high hand shakes
4 High hand shakes
5 Lean right low hand shakes
6 Low hand shakes
7 Lean left high hand shakes
8 High hand shakes

Part 4

1& R forward, L behind R
2 R forward
3& L forward, R behind L
4 L forward
5 R forward
6 Left 180 degree pivot on R
7 R home stomp
8 R stomp