

# S & S Shake

拍数: 68      墙数: 2      级数:  
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音乐: The Shake - Neal McCoy



## HIP BUMPS, HOLD, HIP ROLLS

1-3      Right hip bumps  
4      Hold and clap  
5-6      Hip roll  
7-8      Hip roll

## TOE & TOE

9&      Right toe touch next to left, together  
10      Left toe touch next to right

## LEFT ROLLING VINE, RIGHT VINE WITH ½ TURN

11      Step left on left foot turning ¼ left  
12      Cross right foot over left foot pivoting ½ left  
13      Step left on left foot turning ¼ left  
14      Touch right foot beside left foot  
15      Step right on right foot  
16      Cross left foot behind right foot  
17      Step right on right foot with ½ turn to right  
18      Touch left foot beside right foot

## KNEE POPS

19      Right knee pop  
20      Hold  
21      Left knee pop  
22      Hold  
23      Right knee pop  
24      Left knee pop  
25      Right knee pop  
26      Hold

## JUMP BACK - RIGHT & LEFT, HOLD

27&      Right & left back jump  
28      Hold and clap

## FORWARD, TOUCH, BACK, TOUCH, FORWARD, TOUCH, FORWARD, TOGETHER

29      Right forward step  
30      Left toe touch next to right and clap  
31      Left back step  
32      Right toe touch next to left and clap  
33      Right forward step  
34      Left step next to right and clap  
35      Right forward step  
36      Left step next to right and clap

## BACK, TOUCH, FORWARD, TOUCH, BACK, TOUCH, BACK, TOGETHER

37      Left back step

- 38 Right toe touch next to left and clap
- 39 Right forward step
- 40 Left toe touch next to right and clap
- 41 Left back step
- 42 Right step next to left and clap
- 43 Left back step
- 44 Right step next to left and clap

#### **SIDE TOUCHES**

- 45 Right side toe touch
- 46 Together
- 47 Right side toe touch
- 48 Together
- 49 Left side toe touch
- 50 Together
- 51 Left side toe touch
- 52 Together

#### **FORWARD HEEL, TOGETHER, BACK TOUCH, TOGETHER**

- 53 Right forward heel
- 54 Together
- 55 Left back toe touch
- 56 Together

#### **FUNKY SWAYS**

- 57-60 Left funky sway (sway down and up, scoop arms right to left)
- 61-64 Right funky sway (sway down and up, scoop arms left to right)

#### **HIP BUMPS, HOLD**

- 65-67 Left hip bumps
- 68 Hold and clap

#### **REPEAT**

The three left hip bumps with a clap (end of pattern) and the three right hip bumps with a clap (beginning of pattern) should coincide with the lyrics "shake it to the left, shake it to the right".

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