

# Shake

拍数: 64      墙数: 4      级数: Intermediate  
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音乐: Shake - Five



## ROCK & CROSS, UNWIND, CLAP, HEEL JACK TWICE

1&2      Rock right, rock left, cross right over left  
3-4      Unwind  $\frac{3}{4}$  turn to left, clap  
&5      Step right diagonally back right, touch left heel diagonally forward left  
&6      Step left to place, touch right beside left  
&7&8      Repeat &5&6

## ROCK & CROSS, UNWIND, CLAP, HEEL JACKS TWICE

9-16      Repeat steps 1-8

## MAMBO FORWARD, MAMBO BACK, ROCKS AND CROSSING SHUFFLE

17&18      Rock forward onto right, rock back onto left, step right beside left  
19&20      Rock back onto left, rock forward onto right, step left beside right  
21-22      Rock to right side, rock to left side  
23&24      Cross right over left, step left beside right, cross right over left

## ROCK LEFT AND RIGHT, $\frac{1}{2}$ TURN RIGHT, $\frac{3}{4}$ TURN RIGHT, TOE TOUCHES

25-26      Rock to left side, rock to right side  
27-28      On ball of right foot turn  $\frac{1}{2}$  right onto left foot, on ball of left foot turn  $\frac{3}{4}$  right onto right foot

## TOE TOUCHES

29-30      Touch left to left side, touch left in front of right  
31-32      Touch left to left side, touch left behind right  
33-36      Repeat steps 29-32

## UNWIND $\frac{1}{4}$ LEFT, STEP, HEEL TAPS $\frac{1}{4}$ TURN SHIMMY, JUMPS & CLAPS

37-40      Unwind  $\frac{1}{4}$  left (placing weight on left) step forward on right, tap heels x 3  
41-44      Shimmy turning  $\frac{1}{4}$  left on balls of both feet  
&45-46      Jump back right then left, clap  
&47-48      Jump back right then left, clap

## STEP TOUCHES

49-50      Step right in front of left, touch left to left side  
51-52      Step left in front of right, touch right to right side

## STEP TOUCHES, TOUCHES, ROCKS

53-56      Repeat steps 49-52  
57-58      Touch right in front of left, touch right to right side  
59-60      Repeat steps 57-58  
61-64      Rock to right, rock to left, rock to right, rock to left

## REPEAT

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