

Shake A Leg

拍数: 40 墙数: 4 级数:
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音乐: Cat Walk - Lee Roy Parnell



SIDE CROSS, CHANEE' TURN (SPIN) AND SIDE SHUFFLE WITH ROCK

- 1-2 Step side right, cross behind left
- 3-4 Step to right with right making $\frac{1}{4}$ turn right, turn $\frac{3}{4}$ to right as you pull left foot to right
- 5&6 Side shuffle to right (right, left, right)
- 7-8 Rock step back, step in place (left, right)

SIDE CROSS, CHANEE' TURN (SPIN) AND SIDE SHUFFLE WITH ROCK

- 1-2 Step side left, cross behind with right
- 3-4 Step to left with left making $\frac{1}{4}$ turn left, turn $\frac{3}{4}$ to left as you pull right foot to left
- 5&6 Side shuffle to left (left, right, left)
- 7-8 Rock step back, step in place (right, left)

MONTEREY TURNS RIGHT & LEFT, "SHAKE A LEG"

- 1-2 Touch right toe side, pull right to left as you turn $\frac{1}{2}$ to the right
- 3-4 Touch left toe side, pull left to right as you turn $\frac{1}{2}$ left
- 5-6 Touch right toe side, turn $\frac{1}{4}$ right as you kick forward right, (weight on left foot)
- 7-8 Turn $\frac{1}{4}$ right as you kick right, turn an additional $\frac{1}{4}$ right as you kick right

BACK THREE, HITCH, FORWARD THREE, SCUFF

- 1-4 Step back, back, back, hitch (right, left, right, left)
- 5-8 Step forward, slide together, step forward, scuff (left, right, left, right)

MARCH IN PLACE, JAZZ JUMP BACK, JUMP TOGETHER, JUMP FORWARD

- 1-2 Step together, step in place (right, left)
- &3-4 Step back & slightly side, step back & slightly side, clap (jazz jump back) (this looks like a jump back with feet apart)
- 5-6 Jump as you bring feet together, jump forward both feet
- 7 Hold
- &8 Step in place right, step in place left

REPEAT
