

Shake A Leg

拍数: 32 墙数: 4 级数: Improver
编舞者: Lady Lace (UK)
音乐: Shake a Leg - Roll Deep



FORWARD & BACK ROCKS, STEP, HOLD & FORWARD SHUFFLE

1-2& Rock forward right, recover onto left, step right beside left
3-4 Rock back left, recover onto right
5-6 Step left forward, hold
&7&8 Step ball of right behind left, step left forward, close right to left, step left forward

ROCK FORWARD, ¼ TRIPLE TURN, SIDE, TOGETHER, SIDE, SLIDE & HITCH

1-2 Rock forward right, recover onto left
3&4 Step right ¼ turn right, step left beside right, step right ½ turn right
5-6 Large step left to side, step right beside left (sway hips left, right)
7-8 Large step left to side, slide right towards left, hitch or touch right beside left

FORWARD TOE SWITCHES, ROCK ¼ TURN, MAMBO CROSS

1-2& Touch right toe forward, hold, step right beside left
3-4& Touch left toe forward, hold, step left beside right
5-6 Rock right forward, making ¼ turn left recover onto left
7&8 Rock right to right side, recover onto left, cross step right over left

¼ TURN TOE STRUT, TOE STRUT, STEP LOWER PIVOT ½ TURN, ROCK BACK RECOVER

1-2 Touch ball of left forward making ¼ turn left, step heel down
3-4 Touch ball of right forward, step heel down
Option: during count 1-2 roll right shoulder back, 3-4 roll left shoulder back
5-6 Small step left forward, lowering body pivot ½ turn right
7-8 Rock back onto right, recover onto left (raise up body)

REPEAT
