

# 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



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## 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**

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