

Shake Baby Shake

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Connie van den Bos (NL)
音乐: Whole Lot Of Shakin' Medley - The Deans



Start with the dance intro on the first single heavy beat. Start the main dance 16 counts IN the intro, 16 counts before the main beat starts!

DANCE INTRO

Only danced once at the beginning. Start directly on the first single loud beat (2 seconds from beginning)

RIGHT STEP, HOLD X7

1-8 Step forward on right, hold for 7 counts

LEFT STEP, HOLD X7

1-8 Step forward on left, hold for 7 counts

MAIN DANCE

Start after 16 counts intro music, in middle of intro, 16 counts before the main music really starts

& JUMP, HOLD, & JUMP, HOLD, & OUT, & IN, & BOUNCE, & BOUNCE

&1-2 Jump right forward and jump left forward, hold

&3-4 Jump right back and jump left back, hold

&5&6 Jump right to the right and jump left to the left, jump right in and jump left in

&7&8 Bring heels up and down, repeat

PADDLE TURN (2X ¼ LEFT), ROCK STEP, BACK ROCK

1-4 Step forward on right, turn ¼ left, step forward on right, turn ¼ left

5-8 Step forward on right, recover on left, step backwards on right, recover on left

TOE, HEEL, CROSS, TOE, HEEL, CROSS, SIDE ROCK

1-3 Touch right toe beside left, touch right heel beside left, cross step right over left

For styling swivel on the left foot

4-6 Touch left toe beside right, touch left heel beside right, cross step left over right

For styling swivel on the right foot

7-8 Rock right to the right, recover on left

HEEL GRIND, SIDE, HEEL GRIND, SIDE, RIGHT CHASSE, ¼ TURN LEFT CHASSE

1-4 Cross step right heel (foot turning from left to right) over left, step left to the left (repeat)

5&6 Step right to the right, step left together, step right to the right

7&8 Turn ¼ left and step left to the left, step right together, step left to the left

STEP, KICK BALL CHANGE, STEP, STEP, PIVOT ½ LEFT, ½ LEFT TRIPLE TURN

1-4 Step right forward, kick left & step on ball of left, step on right, step left forward

5-6 Step right forward, pivot ½ left shifting weight to left

7&8 Turn ¼ left and step right to the right, step left together, turn ¼ left and step right backwards

BACK, SHIMMY(2-3), TOUCH, SWIVEL WALK

1-4 Step left backwards, drag right together with shimmy shoulders, touch right next to left

5-8 Swivel heels left and step right forward, swivel heels right and step left forward (repeat right & left)

REPEAT