

Shake It

拍数: 68 墙数: 2 级数: Intermediate
编舞者: Tina Argyle (UK)
音乐: Shakin' All Over - Plain Loco



2 X WALK FORWARD, RIGHT THEN LEFT, RIGHT SHUFFLE FORWARD, ROCK FORWARD, ONTO LEFT, RECOVER, STEP BACK LEFT, HOLD, DOUBLE CLAP

1-2 Step forward, onto right, step forward, onto left
3&4 Step forward, right, close left beside right, step forward, right
5-6 Rock forward, onto left, recover weight back onto right
7&8 Step back left, hold as you clap & 8

TOUCH RIGHT TOE BACK, ½ TURN RIGHT ONTO RIGHT, LEFT CHASSE, ROCK BACK RIGHT, RECOVER, KICK BALL CROSS

9-10 Touch right toe back, ½ turn over right shoulder putting weight forward, onto right
11&12 Step left to left side, close right at side of left, step left to left side
13-14 Rock back onto right, recover weight forward, onto left
15&16 Kick right forward, step right next to left, cross left over right

SIDE STRUT, ½ TURN STRUT, CROSS STRUT, SIDE STRUT

17-18 Touch right toe to right side, drop right heel to floor, taking weight
19-20 ½ turn left, touch left toe to left side, drop left heel to floor, taking weight
21-22 Touch right toe over left, drop right heel to floor, taking weight
23-24 Touch left toe to left side, drop left heel to floor, taking weight

ROCK BACK RIGHT, RECOVER, RIGHT CHASSE, CROSS ROCK LEFT, RECOVER, LEFT CHASSE

25-26 Rock back onto right, recover weight forward, onto left
27&28 Step right to right side, close left at side of right, step right to right side
29-30 Cross rock left over right, recover weight back onto right
31&32 Step left to left side, close right at side of left, step left to left side

CROSS HOLD, UNWIND HOLD

33-34 Cross right over left, hold
35-36 ½ unwind turning left finishing with weight on left, hold

RIGHT SHIMMY, ROCK BACK LEFT, RECOVER, LEFT SHIMMY, ROCK BACK RIGHT, RECOVER

37-38 Take long step right to right side, sliding left towards right, shimmying shoulders
39-40 Rock back left, recover weight onto right
41-42 Take long step left to left side, sliding right towards left, shimmying shoulders
43-44 Rock back onto right, recover weight forward, onto left

TOE TOUCHES TRAVELING FORWARD, (PIGEON TOES)

45-46 Touch right toe forward, turning knee towards left, step forward, onto right
47-48 Touch left toe forward, turning knee in towards right, step forward, onto left
49-52 Repeat steps 45-48

RIGHT ROCK FORWARD, RECOVER, ½ SHUFFLE TURN RIGHT, ROCK FORWARD, LEFT, RECOVER, ½ SHUFFLE TURN LEFT

53-54 Rock forward, onto right, recover weight back onto left
55&56 ½ turn right stepping forward, right, close left at side of right, step forward, right
57-58 Rock forward, onto left, recover weight back onto right
59&60 ½ turn left stepping forward, left, close right at side of left, step forward, left

STOMP FORWARD, SHIMMY ½ TURN

61-68 Stomp right forward, over last 7 counts ½ turn left shimmying shoulders, transferring weight from right to left

REPEAT

RESTART

On wall 2 dance 1-16, then start dance again from beginning

On wall 4 dance 1-36, then start dance again from beginning

On wall 5 dance 1-8, then start from count 37 with the shimmy

On wall 6 onwards dance steps 1-36 only to the end of the track
