

Shake It Baby

COPPER KNOB
BY STEPHENETS

拍数: 48
编舞者: Grant Mayfield (USA)
音乐: Skake It Baby - Aja

墙数: 4

级数: Intermediate/Advanced hip hop



KICK BALL TOUCH, TOE SWITCHES (RIGHT, LEFT, RIGHT), LEFT INSTEP TOUCH W/ RIGHT FOOT, RIGHT HITCH, RIGHT COASTER STEP, LEFT FOOT TOUCH TO LEFT SIDE

- 1&2 Kick right foot forward, bring right foot down and step on it, stick left foot out to left side
- &3&4&5 Bring left foot into right instep (step on it), touch right foot out to right side, bring right foot in to left instep (step on it), touch left foot out to left side, bring left foot in to right foot instep (step on it), touch right foot out to right side
- &6&7&8 Touch right toe in to left instep, hitch right leg forward, bring right foot down stepping back, step back on the left foot and forward on the right again, touch left toe out to left side

LEFT KNEE ROLL, BODY ROLL, ¼ TURN, ½ TURN, ½ TURN, RECOVER TO LEFT FOOT, RIGHT SAILOR SHUFFLE

- 1-2 Roll left knee in to right leg and then out again making a ¼ turn to the left keeping weight back on the right foot
- 3-4 Body roll upward pushing weight on to the left foot (have left foot placed to where it will be easier to spin)
- 5&6& Make a ¼ turn to the left placing weight on your right foot, make a ½ turn to your left placing weight onto your left foot, make another ½ turn to your left placing weight onto your right foot, recover weight to your left foot
- 7&8 Place right foot behind left foot, place left foot out to left side, place right foot back out to right side

LEFT KICK BALL TOUCH, RIGHT KICK BALL TOUCH, LEFT SAILOR SHUFFLE WITH ½ TURN TO LEFT, RIGHT SAILOR SHUFFLE WITH ¼ TURN TO LEFT

- 1&2 Kick left foot forward, step left foot beside right and touch right foot out to right side
- 3&4 Kick right foot forward, step right foot beside left and touch left foot out to left side
- 5&6 Step left foot behind right foot making a ¼ turn to the left, step right foot out to right side making a ¼ turn to the left, step left foot out to left side
- 7&8 Step right foot behind left foot making a turn to the left, step left foot out to left side making a ¼ turn to the left, step right foot out to right side

RECOVER WEIGHT TO LEFT FOOT, CROSS RIGHT FOOT OVER LEFT, HOLD, 2 HEEL BOUNCES, RIGHT FOOT KICK, RIGHT COASTER STEP, LEFT FOOT ROCK/RECOVER BACK TO RIGHT, ½ TURN TO LEFT, ½ TURN TO LEFT, ½ TURN TO LEFT

- &1-2 Recover weight from right foot onto left foot, cross right foot over left foot, hold
- 3&4 Do 2 heel bounces, kick right foot forward
- 5&6&7&8& Step back on right foot, step back on left foot, step forward on right foot, step forward on left foot, step back on right foot, make ½ turn to left stepping forward on left foot, make ½ turn to left stepping back on right foot, make ½ turn to left stepping forward on left foot

RIGHT TOE TOUCH TO RIGHT, LEFT TOE TOUCH TO LEFT, RIGHT HEEL FORWARD, LEFT HEEL FORWARD, ¼ TURN TO RIGHT, RIGHT HEEL FORWARD, LEFT HEEL FORWARD, RIGHT TOE TOUCH BESIDE LEFT, LEFT HEEL FORWARD

- 1&2&3&4 Touch right toe out to right side, place right foot beside left foot (step on it) and touch left foot out to left side, place left foot beside right foot (step on it), put right heel forward, place right foot beside left foot and place left heel forward
- &5&6&7&8 Place left foot beside right foot turning a ¼ turn to the right, place right heel forward, place right foot beside left foot, place left heel forward, place left foot beside right foot, touch right toe in the instep of left foot, step on right foot, place left heel forward

CROSS, HEEL-JACK, CROSS, HEEL-JACK, LEFT FOOT BEHIND RIGHT $\frac{3}{4}$ TURN TO LEFT HIP BUMPS (RIGHT, LEFT, RIGHT, LEFT)

- 1&2&3&4 Cross left foot over your right foot, step back on your right foot, place your left heel out to the left diagonal, place your left foot back to center, cross your right foot over your left foot, step back on your left foot and place your right heel out to the right diagonal
- &5-6 Bring your right foot back to center and step on it, cross your left foot behind your right foot, $\frac{3}{4}$ of a turn to the left(placing your weight on your left foot),
- 7&8& Hip bumps right, left, right, left

REPEAT

BEGINNER VARIATIONS

1. For counts 3-4 on the second set, you may do 2 hip bumps making it 3&4, placing your weight forward on your left foot to start the spins
 2. For counts 5&6 on the second set, you may do $\frac{1}{4}$ turn to the left stepping on your right foot leading into a step, cross over, step (right, left, right), then complete the regular rock recover for the counts of &7&8
 3. For the counts of &7&8& on the big 1 $\frac{1}{2}$, you may do a rock, recover, $\frac{1}{2}$ turn to the left (just as the dance was choreographed), then walk for counts 8& (right, left)
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