

Shake It Like That

拍数: 32 墙数: 4 级数: Improver
编舞者: Craig Cooke (UK)
音乐: Move It Like This - Baha Men



KICK, STEP, STEP, TOUCH, TOUCH, SAILOR STEP

1&2 Kick right foot forward, step side on right foot, step side on left foot
3-4 Pop right knee inwards, pop left knee inwards
5-6 Touch right toe forward, touch right toe to right side
7&8 Steps right behind left, step left to left side, step right to right side

PIVOT ½ TURNS TWICE, CROSS SHUFFLE, TOUCH & CROSS

1-2 Step forward on left, pivot half turn right
3-4 Step forward on left, pivot half turn right
5&6 Cross left over right, step right to right side, cross left over right
7-8 Touch right-to-right side, step right over left

UNWIND FULL TURN, ROCK & CROSS, SIDE TOGETHER SIDE WITH ¼ TURN

1-2 Unwind full turn over left shoulder
3&4 Rock left out to left side, rock back onto right, step left over right
5&6 Step right-to-right side, close left next to right, step right to right side making ¼ turn right
7&8 Mambo forward on left, step left next to right

KICK, OUT, OUT, KNEE POPS TWICE ROTATE HIPS, HIP THRUST TWICE

1&2 Kick right foot forward, step side on right foot, step side on left foot
3-4 Pop right knee inwards, pop left knee inwards
5-6 Rotate hips to left in a circle
7-8 Thrust hips forward twice

On counts 7-8 pump arms inwards while thrusting hips forward

REPEAT
