

Shake It Off

拍数: 32 墙数: 2 级数: Improver
编舞者: Frank Cooper (CAN)
音乐: Shake It Off - Jarvis Church



BALL CROSS, BALL POINT, HIP SHAKE, SHUFFLE RIGHT SIDE, BACK ROCK & TOUCH

- &1 Step slightly back on right foot, step left foot over right
&2 Step slightly back on right foot, point the left toe forward
3&4& Push left hip forward, push right hip back, push left hip forward while taking weight on left foot, slightly touch right toe beside left foot
5&6 Step right foot to right side, step left foot beside right, step right foot to right side
7&8 Rock back on left foot, recover onto right foot, touch left toe beside right foot

BIG SIDE STEP, TOE DRAG, BALL CROSS, STEP FORWARD ¼ TURN, ROCK & STEP FORWARD, TOE BACK ¼ TURN PIVOT

- 9-10 Take a big step out to left side on left foot, drag right toe in towards left foot
&11-12 Step slightly back on the ball of the right foot, step left foot over right foot, step forward on right foot making a ¼ turn to the right
13&14 Rock forward on left foot, recover onto right foot, step together w/left foot
15-16 Touch right toe back, pivot a ¼ turn right

8 COUNT SHUFFLE BOX

- 17&18& Step right foot to right side, step left foot beside right, step right foot to right side, slightly lift left foot off of floor
19&20& Step left foot to left side while making a ¼ turn left, step right foot beside left, step left foot to left side, slightly lift right foot off of floor
21&22& Step right foot to right side while making a ¼ turn left, step left foot beside right, step right foot to right side, slightly lift left foot off of floor
23&24 Step left foot to left side while making a ¼ turn left, step right foot beside left, step left foot to left side

HEEL SWITCHES, TOUCH SIDE, SAILOR ¼ TURN LEFT, WALK, WALK, KICK

- 25&26 Touch right heel forward, bring right foot home, touch left heel forward
27 Point left toe to left side
28&29 Step left foot behind right foot, step right foot to right side while making a ¼ turn left, step forward on left foot
30-31 Step forward right foot, step forward left foot
32 Kick right foot

REPEAT
