

# 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



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## 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**

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