

# Shake It Out

**COPPERKNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner  
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音乐: Pop - \*NSYNC



## TWO RIGHT HOPS, VINE LEFT

- 1                  Jump to right with feet together
- &2                Wiggle in place
- 3&4               Repeat 1&2
- 5-6               Step left foot diagonally forward, cross right foot behind left foot
- 7-8               Step left foot to left side, touch right foot beside left foot

## REVOLVING TOE POINTS

- 9&                Point right foot to right side, bring right foot to center and take weight on it
- 10&              Point left foot to left side, bring left foot to center and take weight on it
- 11&              Point right foot behind, bring right foot to center and take weight on it while prepping for rotation to the right
- 12&              Turn ¼ right and point left foot to left side, bring left foot to center and take weight on it
- 13-16            Repeat 9-12 (but not the & count after 12)

## BENDING HEAD TOSS, HEEL SWIVELS, BODY ROLL

- 17                Bend body toward left knee throwing head over to 4:40
- 18                Straighten body keeping right foot weighted
- 19&20            Swivel heels to left, right, left, taking weight onto left foot
- 21-24            Four-count body roll/twist rotating ¼ left to face 4:30. Slowly changing weight from left foot to right foot

## JAZZ BOX, FULL PADDLE TURN

- 25                Step left foot diagonally back (7:30) crossing over right foot
- 26                Step right foot back and rotate body 1/8 left to square up to the 3:00 wall
- 27-28            Step left foot back, step right foot forward
- 29                With weight balanced on right foot, step left foot forward and use ball of left foot (with slight weight change) to rotate body ¼ turn right
- 30-32            Repeat 29 three more times
- &                Bring left foot to center

## REPEAT

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