

Shake It Out

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Cyndee Neel (USA) & Josie Neel
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