

Shake It Up

拍数: 68 墙数: 2 级数: Intermediate
编舞者: Lauren Churchill & Ashley Churchill
音乐: Shake It Up - The Cars



- 1&2-3-4 Shuffle right side right, left, right, rock back on left, step forward on right
5&6-7-8 Shuffle left side left, right, left, rock back on right, step forward on left
- 1&2-3&4 Right kick ball change (right, left) moving forward, repeat
5-6-7&8 Step forward on right, pivot ½ turn. Left, right kick ball change moving forward (right, left)
- 1-4 Step right across left, step back left, step right side, step left turning ¼ turn. Left
5-8 Reggae - step right across left, step back left, step right side, step left together
- 1 Touch right toe towards left instep with heel turned out
2-3&4 Touch right heel towards left instep with toe turned out, step right, left, right
5-6-7&8 Repeat last 4 beats on left
- 1-2-3&4 Step forward on right, pivot ½ turn. Left, shuffle forward right, left, right
5&6-7-8 Shuffle forward left, right, left, step forward on right pivot ½ turn. Left
- 1-4 Step forward on right at 45 degrees & bump hips right twice, bump hips left twice
5-6-7-8 Grind hips to the left for 2 repetitions
- 1-2-3 Moving forward at 45 degrees right - turn full turn. Right stepping right, left, right,
&4 Clap, stomp left together & clap
1-2-3 Moving forward at 45 degrees left - turn full turn. Left stepping left, right, left,
&4 Clap, stomp right together & clap
- 1-4 ½ Monterey turn - touch right side, turn ½ step right together, touch left toe side, step left
beside right
5-8 ½ Monterey turn ending with a touch left beside right
- 1&2-3-4 Shuffle left side, turning ¼ turn. Right rock back on right, step forward on left
5&6 Touch right heel forward, step right together, touch left heel forward
&7&8 Step left beside right, touch right heel forward, clap, clap.

REPEAT
