

# 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**

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