

Shake It Up

拍数: 64 墙数: 4 级数: Intermediate
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音乐: The Shake - Neal McCoy



SHAKE IT TO THE LEFT

- 1 Step left to the side while swaying hips to the left
- 2 Replace weight back to right foot while swaying hips to the right
- 3 Step left beside right, place weight on left foot
- & Step right beside left, place weight on right foot
- 4 Step left beside right, place weight on left foot

SHAKE IT TO THE RIGHT

- 5 Step right to the side while swaying hips to the right
- 6 Replace weight back to left foot while swaying hips to the left
- 7 Step right beside left, place weight on right foot
- & Step left beside right, place weight on left foot
- 8 Step right beside left, place weight on right foot

VINE TO THE LEFT WITH TRIPLE STEP

- 9 Step left to the side
- 10 Step right crossed behind left
- 11 Step left beside right, place weight on left foot
- & Step right beside left, place weight on right foot
- 12 Step left beside right, place weight on left foot

FORWARD AND ½ TURN LEFT (TWICE)

- 13 Step forward on right foot
- 14 Pivot ½ turn left on ball of right foot and place weight on left foot
- 15-16 Repeat 13-14

SHAKE IT TO THE RIGHT

- 17-20 Repeat 5-8

SHAKE IT TO THE LEFT

- 21-24 Repeat 1-4

SHUFFLE FORWARD

- 25-26 Shuffle forward right-left-right
- 27-28 Shuffle forward left-right-left

FORWARD AND ½ TURN LEFT

- 29 Step forward on right foot
- 30 Pivot ½ turn left on ball of right foot and place weight on left foot

3 COUNT JAZZ SQUARE WITH ¼ TURN RIGHT

- 31 Cross right foot over left, place weight on right foot
- 32 Step back on left turning ¼ turn right
- 33 Step right beside left, place weight on right foot

3 COUNT JAZZ SQUARE WITH ¼ TURN LEFT

- 34 Cross left foot over right, place weight on left foot

- 35 Step back on right turning $\frac{1}{4}$ turn left
36 Step left beside right, place weight on left foot

MILITARY TURNS LEFT WITH SWAYING HIPS

- 37 Step forward on right while swaying hips to the right and turn $\frac{1}{4}$ turn left
38 Step on left foot and sway hips to the left
39-40 Repeat 37-38

SHUFFLE BACK

- 41-42 Shuffle back right-left-right
43-44 Shuffle back left-right-left
45-46 Shuffle back right-left-right
47-48 Shuffle back left-right-left

SHUFFLE FORWARD

- 49-50 Shuffle forward right-left-right
51-52 Shuffle forward left-right-left

$\frac{1}{4}$ TURN LEFT WITH VINE TO THE LEFT AND TRIPLE STEP

- 53 Cross right foot over left while making a $\frac{1}{4}$ turn left and put weight on right foot
54 Step left to the side
55 Step right crossed behind left
& Step left beside right, place weight on left foot
56 Step right beside left, place weight on right foot

FORWARD AND $\frac{1}{2}$ TURN RIGHT WITH SHUFFLE FORWARD

- 57 Step forward on left foot
58 Pivot $\frac{1}{2}$ turn right on ball of left foot and place weight on right foot
59-60 Shuffle forward left-right-left

FORWARD AND $\frac{1}{2}$ TURN LEFT WITH SHUFFLE FORWARD

- 61 Step forward on right foot
62 Pivot $\frac{1}{2}$ turn left on ball of right foot and place weight on left foot
63-64 Shuffle forward right-left-right

REPEAT

Include the following steps for the second and fourth sets only

- 65-72 Repeat 57-64
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