

Shake It!

拍数: 64 墙数: 2 级数:
编舞者: Don Deyne (USA)
音乐: Who's Cheatin' Who - Alan Jackson



When using "The Shake", on the 2nd and 4th time through the dance, repeat counts 57-64 on the 8 extra counts of music.

SHAKE IT TO THE LEFT, SHAKE IT TO THE RIGHT

1-2 Bump hips left, bump hips right
3-4 Bump hips left, hold
(Option) lean left and shake anything you can for 4 counts
5-6 Bump hips right, bump hips left
7-8 Bump hips right, hold
(Option) lean right and shake anything you can for 4 counts

CROSS, HOLD, PIVOT, HOLD, LEFT, RIGHT, LEFT, TOUCH RIGHT

9-10 Rock step on ball of left across right, hold
11-12 Pivot $\frac{1}{4}$ turn right shifting back to right, hold
13-14 Face $\frac{1}{4}$ turn right and step together left, step in-place right
15-16 Step in-place left, touch right toe next to left foot

CROSS, HOLD, PIVOT, HOLD, RIGHT, LEFT, RIGHT, TOUCH LEFT

17-18 Rock step on ball of right across left, hold
19-20 Pivot $\frac{1}{4}$ turn left shifting weight back to left, hold
21-22 Face $\frac{1}{4}$ turn left and step together right, step in-place left
23-24 Step in-place right, touch left toe next to right foot

VINE LEFT, SCUFF RIGHT, $\frac{1}{2}$ TURN VINE RIGHT, STEP LEFT

25-26 Side step left, step right behind left
27-28 Side step left, scuff forward right (or touch right toe)
29-30 Side step right, step left behind right
31-32 Face $\frac{1}{4}$ turn right and step right, pivot $\frac{1}{4}$ turn right and step together left

SHAKE IT TO THE RIGHT, SHAKE IT TO THE LEFT

33-34 Bump hips right, bump hips left
35-36 Bump hips right, hold
37-38 Bump hips left, bump hips right
39-40 Bump hips left, hold

CROSS, HOLD, 3-STEP $\frac{1}{2}$ TURN RIGHT, HOLD

41-42 Rock step on ball of right across left, hold
43-44 Rock step back onto left in-place, hold
45-46 Face $\frac{1}{4}$ turn right and step right, face $\frac{1}{4}$ turn right and step together left
47-48 Step in-place right, hold (or touch left toe)

Weight is on right foot. You are now facing the original wall (12:00)

CROSS, HOLD, 3-STEP $\frac{1}{2}$ TURN LEFT, HOLD

49-50 Rock step on ball of left across right, hold
51-52 Rock step back onto right in-place, hold
53-54 Face $\frac{1}{4}$ turn left and step left, face $\frac{1}{4}$ turn left and step together right
55-56 Step in-place left, hold (or touch right toe)

Weight is on left foot. You are now facing the back wall (6:00)

SHIMMY RIGHT, SHIMMY RIGHT

(Option) clap hands on 58, 60, 62, and 64 (clap with the song)

57-58 Big side step right, begin dragging left toe to right foot shaking shoulders (or anything else)

59-60 Continue left toe drag, step together left

61-62 Big side step right, begin dragging left toe to right foot shaking shoulders

63-64 Continue left toe drag, touch left toe beside right

REPEAT

A lot of the touches on counts 4 and 8 may become holds. Primary concern would be where your weight is for the next step.
