

# Shake It, Don't Break It

**COPPER** KNOB  
STEPSHEETS

拍数: 0                      墙数: 4                      级数: Intermediate  
编舞者: Deborah Bates (USA)  
音乐: The Shake - Neal McCoy



Sequence: AABA AABA AABA AA

## SECTION A (32 COUNTS)

### STEP, HOLD, STEP, HOLD, STEP, STEP, STEP, HOLD

- 1-2                      Step forward on left foot; hold
- 3-4                      Step forward on right foot; hold
- 5-6                      Step forward on left foot; step forward on right foot
- 7-8                      Step forward on left foot; hold

### TURNING JAZZ SQUARE, RAMBLE LEFT

- 9-10                     Cross step right foot over left; step back on left foot
- 11-12                    Step ¼ turn to the right on right foot; step left foot next to right
- 13-14                    Swivel heels to the left; swivel toes to the left
- 15-16                    Swivel heels to the left; swivel toes to center

### KICK - OUT - OUT, SWIVEL IN - IN, MONTEREY TURN

- 17&18                    Kick right foot forward; step to the right on right foot; step to the left on left foot
- 19-20                    Swivel heels inward to center; swivel toes to center
- 21-22                    Touch toes of right foot to the right; pivot ½ turn to the right on ball of left and step right foot next to left
- 23-24                    Touch toes on left foot to the left; step left foot next to right

### ROCKING CHAIR, SHUFFLE TURN, ROCK STEP

- 25-26                    Rock step forward on right foot; rock back onto left foot
- 27-28                    Rock step back on right foot; rock forward onto left foot
- 29&30                    Shuffle forward (right, left, right) turning ½ turn to the left
- 31-32                    Rock step back on left foot; rock forward onto right foot

## SECTION B (40 COUNTS)

### LEFT HIP BUMPS, RIGHT HIP BUMPS

- 1-4                      Step slightly to the left on left foot, bend both knee and bump your hips to the left (4) times
- 5-8                      Step slightly to the right on right foot, bend both knees and bump your hips to the right (4) times

### TO THE LEFT HIP ROLL, MODIFIED MONTEREY TURN, STEP, SLIDE

- 9-12                     With knees still bent, begin hip rolls to the left-backward to the left - forward to the right - backward to the left end hip rolls upright with weight on left foot
- 13-14                    Touch toes of right foot to the right; pivot ½ turn to right on ball of left and step right foot next to left
- 15-16                    Take a long step to the left on left foot; slide right foot next to left

### SHOULDER SHAKES FORWARD/BACKWARD, SHOULDER SHAKES DOWN/UP

- 17-18                    Shake shoulders as you lean forward, bending at the waist (forward)
- 19-20                    Continue shaking shoulders as you straighten up (back)
- 21-22                    Continue shaking shoulders, while bending at the knee (twist down)
- 23-24                    Continue shaking shoulders as you straighten up (twist up)

**TOUCH, CROSS, UNWIND, CLAP, SHOULDER SHAKES FORWARD/BACK**

- 25-26 Touch toes of right foot to the right; cross step right foot over left  
27-28 Unwind  $\frac{1}{2}$  turn to left (to the left); hold and clap hands  
29-30 Shake shoulders as you lean forward, bending at the waist (forward)  
31-32 Continue shaking shoulders as you straighten up (back)

**DIAGONAL STEP SLIDES WITH  $\frac{1}{4}$  TURN, TOUCH, SWIVETS**

- 33-34 Step forward and diagonally to the right on right foot; slide left foot next to right  
35-36 Step  $\frac{1}{4}$  turn to right on right foot; touch left foot next to right  
37-38 On heel of right foot and ball of left, swivel right toes to the right and left heel to the left;  
swivel feet back to center  
39-40 On heel of left foot and ball of right, swivel left toes to the left and right heel to the right;  
swivel feet back to center
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