

# Shake Me

**COPPER KNOB**  
STEPSHEETS

拍数: 0                      墙数: 2                      级数: Improver  
编舞者: Janet Jones (CAN)  
音乐: You Still Shake Me - Deana Carter



Sequence: ABC, A, 1/4 Turns, BC, A, 1/4 Turns, BC, BC

## PART A

### HEEL WALKS FORWARD

1-4                      Step right heel forward, step right foot down, step left heel forward, step left foot down  
5-8                      Repeat steps 1-4

### TRAVELING RIGHT JAZZ BOX BACK

9-12                      Cross right foot over left, step left foot back, step right foot to right, touch left foot next to right

### TRAVELING LEFT JAZZ BOX BACK

13-16                      Cross left foot over right, step right foot back, step left foot to left, touch right foot next to left

### FORWARD TOGETHER BACK

17-20                      Step right foot forward, slide left foot next to right, step right foot back, hold

### BACK TOGETHER FORWARD

21-24                      Step left foot back, slide right foot next to left, step left foot forward, hold

### SHIMMY RIGHT (SHAKING SHOULDERS EVERY BEAT)

25-28                      Step right foot to right, hold, step left foot next to right, hold

### SHIMMY LEFT (SHAKING SHOULDERS EVERY BEAT)

29-32                      Step left foot to left, hold, step right foot next to left, hold

## PART B

### RIGHT HEEL & TOE TOUCHES

1-5                      Touch right heel forward twice, touch right toe to right twice, touch right toe back  
6-8                      Touch right toe to right, touch right heel forward step on right foot  
9-13                      Touch left heel forward twice, touch left toe to left twice, touch left toe back  
14-16                      Touch left toe to left, touch left heel forward, step on left foot

## PART C

1-32                      Repeat steps 1-32 in Part A  
33-48                      Repeat steps 17-32 in Part A

## ¼ TURNS

1-2                      Touch right foot forward, make ¼ turn left on ball of right foot  
3-4                      Touch right foot forward, make ¼ turn left on ball of right foot