

The Shake

拍数: 136 墙数: 2 级数:
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音乐: The Shake - Neal McCoy



TOE TOUCHES

- 1 Touch the left toe out to the left side
- 2 Touch the left toe next to the right foot
- 3 Touch the left toe out to the left side
- 4 Step the left foot beside the right foot

- 5 Touch the right toe out to the right side
- 6 Touch the right toe next to left foot
- 7 Touch the right toe out to the right side
- 8 Step the right foot beside the left foot

- 9-16 Repeat steps 1 through 8

EIGHT COUNT VINE RIGHT & LEFT WITH BRUSHES

- 17 Step right on the right foot
- 18 Step the left foot behind the right foot
- 19 Step right on the right foot
- 20 Step the left foot across in front the right foot
- 21 Step right on the right foot
- 22 Step the left foot behind the right foot
- 23 Step right on the right foot
- 24 Brush the left foot next to the right foot

- 25 Step left on the left foot
- 26 Step the right foot behind the left foot
- 27 Step left on the left foot
- 28 Step the right foot across in front of the left foot
- 29 Step left on the left foot
- 30 Step the right foot behind the left foot
- 31 Step left on the left foot
- 32 Brush the right foot next to the left foot

STEP SLIDES FORWARD AT 45 DEGREE ANGLES- STEP SLIDES BACK AT 45 DEGREE ANGLES

- 33 Step forward on the right foot at a 45 degree angle
- 34 Slide the left foot up beside the right foot
- 35 Step forward on the right foot at a 45 degree angle
- 36 Slide the left toe up beside the right foot

- 37 Step forward on the left foot at a 45 degree angle
- 38 Slide the right foot up beside the left foot
- 39 Step forward on the left foot at a 45 degree angle
- 40 Slide the right toe up beside the left foot

- 41-48 Repeat steps 33 through 40 starting by stepping back on the right foot

RIGHT HOOK -LEFT HOOK

- 49 Touch the right heel in front
- 50 Cross the right foot in front of the left shin, touch the toe
- 51 Touch the right heel in front
- 52 Step the right foot next to the left foot

- 53 Touch the left heel in front
- 54 Cross the left foot in front of the right shin, touch the toe
- 55 Touch the left heel in front
- 56 Step the left foot next to the right foot

HEEL SWITCHES -RIGHT & LEFT HEEL

- 57 Touch the right heel in front
- 58 Step the right foot back in place while touching the left heel in front
- 59 Step the left foot back in place while touching the right heel in front
- 60 Clap

- 61-64 Repeat steps 57 through 60 starting with left heel

SHAKES RIGHT & LEFT

- 65 Step a long step to the left on the left foot
- 66-68 Shake the hips, etc. While dragging the right toe up next to the left foot

- 69-72 Repeat steps 65 through 68 to the right
- 73-76 Repeat steps 65 through 68 to the left
- 77-80 Repeat steps 65 through 68 to the right

FUNKY SHAKES FORWARD & BACK AT 45 DEGREE ANGLES

- 81 Take a long step forward at a 45 degree angle on the left foot
- 82-84 Shake the hips, etc. While sliding the right toe up next to the left foot
- 85 Take a long step forward at a 45 degree angle on the right foot
- 86-88 Shake the hips, etc. While sliding the left toe up next to the right foot
- 89-92 Repeat steps 81 through 84 starting (back) on the left foot
- 93-96 Repeat steps 85 through 88 starting (back) on the right foot

On step 96 put weight on the left foot

4 HIP ROLLS MAKING 1/8 TURNS LEFT TO COMPLETE ½ TURN TO THE LEFT

- 97 Step forward on the right foot
- 98 Roll the hips while making a 1/8 turn to the left
- 99-104 Repeat the steps 97-98 three times to complete ½ turn left

HOOK, HEEL SWITCHES & SHAKES

- 105-112 Repeat steps 49 through 56 (hook)
- 113-120 Repeat steps 57 through 64 (heel switches)
- 121-136 Repeat steps 65 through 80 (shakes)

REPEAT
