

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

HOOKE, 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
