

# The Shake

拍数: 64      墙数: 2      级数:  
编舞者: The Buffalo Girls  
音乐: The Shake - Neal McCoy



## The Buffalo Girls are Kelly, Lisa, Debbie, and Toni

- 1-4            Step left to left turning body 45 degrees right from front with weight on left and shimmy shoulders for 3 beats and clap on the 4th beat
- 5-8            Swivel heels right, turning body 45 degrees left from front with weight on right and shimmy shoulders for 3 beats and clap on the 4th beat
- 9              Step onto left on the spot swinging right hand to the right
- 10             Click fingers of right hand while looking right
- 11             Step right behind left swinging right hand across body to left
- 12             Click fingers of right hand while looking left
- 13             Step left to left swinging right hand to the right
- 14             Click fingers of right hand while looking right
- 15             Step right behind left swinging right hand across body to left
- 16             Click fingers of right hand while looking left
- 17-20         Long step right to right with hands on thighs and bending knees and shimmying for first 3 beats as weight is transferred onto right foot, on 4th beat bring left to right, straighten and clap
- 21-24         Long step left to left with hands on thighs and bending knees and shimmying for first 3 beats as weight is transferred onto left foot on 4th beat bring right to left, straighten and clap
- 25-26         While shimmying-rock forward onto right, hold
- 27-28         Pivot  $\frac{1}{2}$  turn to the right stepping forward onto right, clap
- 29-30         While shimmying-rock forward onto left, hold
- 31-32         Step left together, clap
- 33-34         Strut forward right, stepping heel, toe
- 35-36         Strut forward left, stepping heel, toe
- 37-38         Rock back onto right, rock forward onto left
- 39-40         Strut forward right stepping heel, toe
- 41-42         Strut forward left, stepping heel, toe
- 43-44         Rock back onto right, rock forward onto left

## THE NEXT 8 BEAT SEQUENCE RESULTS IN A $\frac{3}{4}$ TURN

- 45-46         Step right to side bumping hips right, transfer weight back onto left bumping hips left (no change of direction)
- 47-48         Step right toe to side, paddle and pivoting  $\frac{1}{4}$  turn to the left
- 49-50         Step right toe to side, paddle and pivoting  $\frac{1}{4}$  turn to the left
- 51-52         Step right toe to side, paddle and pivoting  $\frac{1}{4}$  turn to the left
- 53-54         Step right to side, step left behind
- 55-56         Turn  $\frac{1}{4}$  turn to the right stepping right forward, scuff left through turning  $\frac{1}{4}$  turn to the right
- 57-60         Bump hips twice to left, bump hips twice to right
- 61-64         Touch left behind right, unwind  $\frac{3}{4}$  turn to the left

65-68

Stomp right beside left, clap

**REPEAT**

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