

The Shake

拍数: 32 墙数: 4 级数: Beginner
编舞者: Steve Rutter (UK)
音乐: The Shake - Ronnie Beard



WALK FORWARD, HIP BUMPS TO LEFT, WALK FORWARD, HIP BUMPS TO RIGHT

1-2 Step forward on left, step forward on right
3-4 Step forward on left bumping hips twice to left
5-6 Step forward on right, step forward on left
7-8 Step forward on right bumping hips twice to right

BACK LOCK STEP, WEAWE WITH ¼ TURN RIGHT

9-10 Step back on left, lock right foot in front of left
11-12 Step back on left, step right to right side
13-14 Cross left over right, step right to right side
15-16 Cross left behind right, step right ¼ turn to right

STOMP FORWARD TWICE, SHIMMY, STEP BACK TWICE, PIGEON TOES

17-18 Stomp left foot forward, stomp right beside left
19-20 Shimmy shoulders over two counts
21-22 Step back on left, step right beside left
23-24 Split both heels apart, bring heels back together

STEP, PIVOT ½ TURN LEFT, STEP FORWARD, TOUCH, SIDE STEP WITH HIP BUMPS

25-26 Step forward on right, pivot ½ turn left
27-28 Step forward on right, touch left beside right
29-30 Step left to left side bumping hips left, bump hips right
31-32 Bump hips left, bump hips right(weight ends on right)

REPEAT
