

The Shake

拍数: 70 墙数: 4 级数:
编舞者: Dale Wall (CAN)
音乐: The Shake - Neal McCoy



SHUFFLE STEP, HALF TURN, SHUFFLE MAKING A QUARTER TURN, ROCK RIGHT BEHIND LEFT

1&2 Shuffle forward starting with right foot: right-left-right
3-4 Step forward on left, turn $\frac{1}{2}$ to the right
5&6 As you $\frac{1}{4}$ to the right, shuffle left-right-left
7-8 Right steps back behind left foot, rock back on left

SHUFFLE, $\frac{1}{4}$ FLIP TURN, SHUFFLE KICK KICK

1&2 At 9 o'clock side shuffle to the right: right-left-right
3-4 Step forward on left, make a $1-\frac{1}{4}$ turn, stepping onto right foot (you should be facing 12 o'clock)
5&6 Shuffle forward starting with left foot: left-right-left
7-8 Right foot kicks forward twice

COASTER STEP, ROCK FORWARD, COASTER STEP KICK, KICK, KICK

1&2 Right steps back, left steps back beside right, right steps forward
3-4 Left steps forward, rock back onto right
5&6 Left steps back, right steps back beside left, left steps forward
7-8 Right foot kicks forward twice

COASTER STEP, ROCK FORWARD, COASTER STEP, HIP ROLL

1&2 Right steps back, left steps back beside right, right steps forward
3-4 Left steps forward, rock back on right
5&6 Left steps back, right steps beside left, left steps forward
7-8 Left hip roll, right hip roll

HIP ROLL, SIDE SHUFFLE, HOOK, TURN, STOMP, CLAP

1-2 Left hip roll, right hip roll
3&4 Left side shuffle: left-right-left
5-6 Right hooks behind left
7-8 Left stomp, clap hands

HITCH UP & DOWN, SIDE SHUFFLE, STOMP, CLAP, HITCH UP & DOWN

1-2 Hitch back onto heels (toes up) and hitch thumbs over shoulders simultaneously, drop thumbs & feet simultaneously
3&4 Left side shuffle: left-right-left
5-6 Stomp right, clap hands
7-8 Repeat steps 1-2 in this section

TOE FORWARD, PAUSE, TOE BACK, PAUSE TWIST

1-2 Right toe forward, pause
3-4 Right toe back turning body $\frac{1}{4}$ turn right, pause
5-6 Right toe forward, right toe back
7-8 Right toe forward, right toe back

$\frac{1}{4}$ TURN, STOMP, CLAP, HITCH & DROP

1-2 Right steps forward, step $\frac{1}{4}$ turn left onto left foot
3-4 Right stomp, clap hands

5-6 Hitch back onto heels (toes up) and hitch thumbs over both shoulders, drop thumbs & feet

STEP, BUMP. BUMP, STOMP. CLAP

1-2 Right steps to right side & bump right hip, bump right hip for second count

3-4 Left stomp, clap hands

5-6 Right steps to right side & bump right hip, bump right hip for second count

7-8 Left stomp, clap hands

REPEAT
