

Shakedown

COPPER KNOB
STEPSHETS

拍数: 40 墙数: 2 级数: Improver
编舞者: Karen Hedges (USA)
音乐: The Shake - Neal McCoy



SHAKE IT TO THE LEFT, SHAKE IT TO THE RIGHT

1-2 Bump hips left, bump hips left
3-4 Bump hips right, bump hips right
5-6 Bump hips left, bump hips right
7-8 Bump hips left, bump hips right

ROCK STEPS, TRIPLE IN PLACE

9-10 Rock forward on left, rock back on right
11&12 Step in place left, right, left
13-14 Rock forward on right, rock back on left
15&16 Step in place right, left, right

LEFT SIDE STEPS/RIGHT TOE TOUCHES/RIGHT ½ TURN

17-18 Step to left, step right beside left
19-20 Step to left, touch right toe beside left instep
21-22 Touch right toe to right side touch right toe to instep of left foot
23-24 Step to right and pivot ½ turn right, step together with left

HIP BUMPS, STEP CLAPS

25-26 Bump hips right, bump hips left
27-28 Bump hips right, bump hips left
29&30 Step forward right, clap 2X
31-32 Step forward left, clap 1X

BACK STEP RIGHT WITH SHIMMY SHAKES

33-36 Step back on right and bring left foot to it as you shimmy shake back
37-38 Step to left, shimmy shake,
39-40 Bring left back beside right, shimmy shake

REPEAT
