

Shaken, Not Stirred

拍数: 0 墙数: 4 级数:
编舞者: Mike Traubel & Kelly Wills
音乐: The Shake - Neal McCoy



Sequence: A, AB, A, AB, ...

SECTION "A" REPEATING SECTION

LEFT STEP SHAKES, RIGHT STEP SHAKES

- 1 Left foot step to left at the same time shake hips to left
- 2 Shake hips to left
- 3 Right foot stomp next to left foot
- 4 Clap hands
- 5 Right foot step to right at the same time shake hips to right
- 6 Shake hips to right
- 7 Left foot stomp next to right foot
- 8 Clap hands

LEFT SHUFFLE ROCK STEP, RIGHT SHUFFLE ROCK STEP

- 9&10 Left side shuffle to left
- 11 Right foot step back 45 degrees to left
- 12 Rock forward on left foot (body remains facing forward)
- 13&14 Right side shuffle to right
- 15 Left foot step back 45 degrees to right
- 16 Rock forward on right foot (body remains facing forward)

LEFT ELVIS LEG ROLLS, RIGHT ELVIS LEG ROLLS

- 17 Left foot step slightly to left, at the same time roll hip/leg to the left
- 18 Continue to roll hip/leg to the left
- 19 Continue to roll hip/leg to the left
- 20 Hold one count (weight is on left foot)
- 21 Right foot step slightly to right, at the same time roll hip/leg to the left
- 22 Continue to roll hip/leg to the left
- 23 Continue to roll hip/leg to the left
- 24 Hold one count (weight is on right foot)

SHAKE LEFT FORWARD, SHAKE RIGHT FORWARD

- 25 Left foot step 45 degrees forward to left & shake/bump hips to left
- 26 Shake/bump hips to left
- 27 Right foot touch next to left foot (weight is on left foot)
- 28 Clap hands
- 29 Right foot step 45 degrees forward to right & shake/bump hips to right
- 30 Shake/bump hips to right
- 31 Left foot touch next to right foot (weight is on right foot)
- 32 Clap hands

STEP OUT, CLAP, STEP IN, CLAP, STEP OUT, CLAP, STEP IN & CROSS, CLAP

- & Left foot step slightly to left (out)
- 33 Right foot step slightly to right (out)
- 34 Clap hands

& Left foot step to center (in)
35 Right foot step next to left foot (in)
36 Clap hands
& Left foot step slightly to left (out)
37 Right foot step slightly to right (out)
38 Clap hands
& Left foot step to center (in)
39 Right foot cross in front of left foot
40 Clap hands

UNWIND, SHAKE DOWN & UP

41-44 Unwind ½ turn (to the left)
45 Shake down
46 Shake down
47 Shake up
48 Shake up (weight transfers to left foot)

RIGHT SHUFFLE WITH ¼ TURN, STEP PIVOT, LEFT SHUFFLE, STEP PIVOT

49 Right foot step to right side, pointing right foot to right making ¼ turn to right
& Left foot step next to right foot
50 Right foot step forward
51 Left foot step forward
52 Pivot ½ turn to left
53 Left foot step forward
& Right foot step next to left foot
54 Left foot step forward
55 Right foot step forward
56 Pivot ½ turn to left

LEFT SWIVEL WALK, RIGHT SWIVEL WALK

57 Right foot step next to left foot, at the same time swivel heels to left
58 Toes swivel to left
59 Heels swivel to left
60 Clap hands
61 Heels swivel to right
62 Toes swivel to right
63 Heels swivel to right (weight is on right foot)
64 Clap hands

BEGIN AGAIN ON ODD CYCLES or

SECTION "B" (ALTERNATING SECTION, PERFORMED ON EVEN CYCLES)

LEFT SHUFFLE FORWARD, PIVOT, RIGHT SHUFFLE FORWARD, PIVOT

65 Left foot step forward
& Right foot step next to left foot
66 Left foot step forward
67 Right foot step forward
68 Pivot ½ turn to left
69 Right foot step forward
& Left foot step next to right foot
70 Right foot shuffle forward
71 Left foot step forward
72 Pivot ½ turn to right (weight is on right foot)

REPEAT
