

Shakin'

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Gloria Johnson (USA)
音乐: The Shake - Neal McCoy



SHAKES

- 1-2 Bump hips to the left twice
- 2-3 Bump hips to the right twice
- 5-8 Bump hips to the left, to the right, to the left, to the right

MAMBO STEPS W. ¼ TURN AND ½ TURN

- 9-10 Rock step forward on right foot; step in place on left
- 11-12 Rock step backward on right foot; step in place on left
- 13-14 Step forward on right foot; pivot ¼ turn left
- 15-16 Step forward on right foot; pivot ½ turn left.

TOE-HEEL SWITCHES

- 17-18 Touch right beside left in-step; touch right heel beside left in-step
- &19-20 Switch weight to right foot and touch left toe beside right instep; touch left heel beside right in-step
- &21 Switch weight to left foot and touch right heel forward
- &22 Switch weight to right foot and touch left heel forward
- &23 Switch weight to left foot and touch right toe to right side
- 24 Step right foot beside left.

GRAPEVINE LEFT; ROLLING GRAPEVINE RIGHT

- 25-26 Step left foot to left side; step right behind left
- 27-28 Step left foot to left side; step right beside left.
- 29-30 Step right foot to right side pointing foot ¼ turn right; pivot ½ turn right placing weight on left foot
- 31-32 Complete full turn by pivoting ½ right placing weight on right foot; step left beside right.

REPEAT
