

Shakin' All Over

COPPER KNOB
STEPPERS

拍数: 0 墙数: 4 级数:
编舞者: Peter Metelnick (UK)
音乐: The Shake - Neal McCoy



Sequence: When danced to "The Shake", it is AAB-AAB then A to the end. When danced to "(You Make Me Feel) Groovy! (LD Tempo Mix)", just dance Part A repeatedly.

PART A-THE MAIN EVENT

SHAKE IT TO THE LEFT, SHAKE IT TO THE RIGHT

1-8 Step left foot to left side and bump hips left 4x, shift weight to right foot and bump hips right 4x

TURN ¼ LEFT & SHUFFLE FORWARD, RIGHT FORWARD, ½ LEFT PIVOT TURN, SHUFFLE FORWARD, STOMP LEFT TWICE

1&2 Turn ¼ left and step left foot forward, step right foot together, step left foot forward

3-4 Step right foot forward, pivot ½ left

5&6 Step right foot forward, step left foot together, step right foot forward

7-8 Stomp left foot together twice keeping weight on right foot

SAILOR SHUFFLES WITH A TWIST!

1&2 Step left foot behind right, step right foot to right side, step left foot in place

3-4 With feet apart swivel heels left, swivel heels right with weight ending on left foot

5&6 Step right foot behind left, step left foot to left side, step right foot in place

7-8 With feet apart swivel heels right, swivel heels left turning ¼ right with weight ending on left foot

FORWARD SHUFFLE, LEFT FORWARD TURNING ½ RIGHT, RIGHT BACK, SHAKE IT BACK!

1&2 Step right foot forward, step left foot together, step right foot forward

3-4 Step left foot forward turning ½ right, step right foot back

5-8 Bump right hip back 4x (weight is on right foot)

FORWARD SHUFFLE, RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT FORWARD, DOUBLE CLAP, LEFT FORWARD, SINGLE CLAP

1&2 Step left foot forward, step right foot together, step left foot forward

3-4 Step right foot forward, pivot ½ left

5&6 Step right foot forward, clap twice

7-8 Step left foot forward, clap

RIGHT FORWARD, DOUBLE CLAP, LEFT FORWARD, SINGLE CLAP, HITCH-STEPS BACK

1&2 Step right foot forward, clap twice

3-4 Step left foot forward, clap

&5&6 Hitch right knee up, step right foot back, hitch left knee up, step left foot back

&7-8 Hitch right knee up, step right foot back, step left foot together

½ RIGHT MONTEREY TURN & DOUBLE CLAP, ¼ RIGHT MONTEREY TURN & CLAP

1-2 Touch right toes to right side, pivot ½ right on left foot & step right foot together

3-4 Touch left toes to left side, step left foot together

5-6 Touch right toes to right side, pivot ¼ right on left foot & step right foot together

7-8 Touch left toes to left side, step left foot together

You can add claps to this section, clapping hands while doing Monterey turns on counts &2, 4, &6, 8

HEEL TOE SWIVELS TRAVELING RIGHT (THE DWIGHT), ½ RIGHT MONTEREY TURN ENDING WITH LEFT KNEE BENT IN FRONT OF RIGHT LEG

- 1-4 With weight on left foot travel right:
 Swivel left heel right & touch right toes together,
 Swivel left toes right & touch right heel together,
 Swivel left heel right & touch right toes together,
 Swivel left toes right & touch right heel together
- 5-8 Touch right toes to right side, pivot ½ right on left foot & step right foot together, touch left toes to left side, raise left leg up bending left knee in front of right leg (weight ends on right foot)

REPEAT

For the dance to phrase properly to Neal's song, you have to add 2-8 count bonus sections (part b). These occur after going through the dance for the 2nd & 4th time. After completing the dance for the 2nd time, you will be facing the back wall. Do the following 8 count section:

PART B-BONUS BEATS!

BASIC LEFT & CLAP, BASIC RIGHT & CLAP

- 1-4 Step left foot to left side, step right foot together, step left foot to left side, touch right foot together & clap
- 5-8 Step right foot to right side, step left foot together, step right foot to right side, touch left foot together & clap

REPEAT

After completing the dance for the 4th time you will be facing forward. Add the 8 count section (part B) & then repeat the dance from the beginning.
