

# The Sister Shake

**COPPER** **KNOB**  
BY STEPHEN METZ

拍数: 136      墙数: 1      级数:  
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音乐: The Shake - Neal McCoy



## VINE, KICK, TOE TOUCHES

1-4            Right step side, left step behind right, right step side, left kick  
5-8            Kick, left touch toe out to side, touch heel, touch toe (all in place out to side) (kicks at 45 degrees)  
9-12          Left step side, right step behind left, left step side, right kick  
13-16        Kick, right touch toe out to side, touch heel, touch toe (all in place out to side) (kicks at 45 degrees)

## VINE WITH ¼ TURN, KICK, WALK WITH ¼ TURN

17-20        Right step side, left behind right, right step ¼ turn to the right, left scuff  
21-24        Left kick, left step back, right step back, left step back ¼ turn to the left

## ELVIS KNEES

25-28        Feet shoulder width apart bend in right knee, left knee, right knee, left knee  
&            Lower left heel to floor, weight on left  
29-32        Right toe touch in, out, in, out (moving right foot from shoulder width to the last touch beside left)

## AND AGAIN

33-64        Repeat counts 1-32

## THE SHAKE

65-68        Swiveling heels to left, shake it to the left 1&2&3&4 (your hips that is)  
69-72        Swiveling heels to right, shake it to the right 5&6&7&8  
73-80        Four hip circles moving hips to the left each 2 beats  
81-82        Bend knees on & (pelvis is back), straighten legs some and push pelvis forward  
83-88        Repeat 81-2 3 more times ending with knees bent  
89-92        Right toe touch back, right step down, left toe touch back, left step down  
93-96        Repeat 89-92  
  
97&98        Right shuffle forward right-left-right  
99&100       Left shuffle forward left-right-left  
101-104      Right kick forward, flick right back as you turn ½ turn, right rock step back, left step in place  
105-112      Repeat above 8 counts  
113-115      Right push it forward (hips move forward, back, forward)  
116           Left push it forward  
117-120      Right toe touch behind left heel, right step beside left, left heel touch forward at a diagonal, left step beside right  
121-123      Right push it back, (hips move back, forward, back)  
124           Left push it back  
125-128      Right heel touch forward at a diagonal, right step beside left, left toe touch behind right heel, left step beside right  
129-130      Right step side, left toe touch knee turned in feet shoulder width apart  
131-132      Left step in place, right toe touch knee turned in  
133-134      Right step in place, left toe touch knee turned in  
135-136      Left step in place, right toe touch knee turned in

REPEAT

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