

The Sister Shake

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
