

# Swamp Shake

**COPPER KNOB**  
STEPPERS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Anita McNab (CAN)  
音乐: Raised On Swamp Pop Music - Willie Tee



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## SIDE ROCK, RECOVER, BEHIND AND CROSS

1-2      Rock right to side, recover to left  
3&4      Cross right behind left, step left to side, cross right over left

## POINT LEFT FORWARD, POINT LEFT SIDE, SAILOR ¼ TURN TO LEFT

5-6      Point left forward, point left out to left side  
7&8      Cross left behind right ¼ turn to left, step on right, step on left

## ROCK, RECOVER, TRIPLE ¾ TURN TO RIGHT, BUMP HIPS LEFT, THEN RIGHT

9-10      Rock right forward, recover on left  
11&12      Triple ¾ turn, (shuffle right, left, right ¾ turn turning right)  
13&14      Bump hips left, right, left  
15&16      Bump hips right, left, right

## STEP SIDE LEFT, SLIDE RIGHT BESIDE LEFT, SHUFFLE ¼ TURN TO LEFT

17-18      Step left to side, slide right beside left  
19&20      Shuffle ¼ turn to left, (left, right, left)

## FULL TURN TO LEFT STEPPING RIGHT, LEFT, SHUFFLE FORWARD (RIGHT, LEFT, RIGHT)

21-22      Step right ¼ turn to left, step left ¾ turn to left (weight on left)  
23&24      Shuffle forward right, left, right

## LEFT ROCK STEP FORWARD, LEFT COASTER STEP BACK

25-26      Rock left forward, recover on right  
27&28      Back left, step right together, forward left (coaster step)

## RIGHT HIP BUMP WHILE MOVING FORWARD, LEFT HIP BUMP

29&30      Bump hips right, left, right  
31&32      Bump hips left, right, left

## REPEAT

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