

T.L. Shake

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Donna Wasnick (USA)
音乐: If the Good Die Young - Tracy Lawrence



HEEL STEPS

- 1 Touch right heel forward
- 2 Step down on ball of right foot
- 3 Make ½ turn on ball of right foot and touch left heel forward
- 4 Step down on ball of left foot
- 5 Touch right heel forward
- 6 Step down on ball of right foot
- 7 Make ½ turn on ball of right foot and touch left heel forward
- 8 Step down on ball of left foot

SHUFFLE TURNS

- 9&10 Right shuffle-step forward (right-left-right)
- 11 Step forward on left foot
- 12 Make ½ turn to right (switching weight to right foot)
- 13&14 Left shuffle-step forward (left-right-left)
- 15 Step forward on right foot
- 16 Make ¼ turn to left on balls of both feet (shift weight to left foot)

HIP SHAKES

- 17 Step right foot to right and shake right hip
- 18 Shake right hip again
- 19 Make ¼ turn to right on ball of right foot and touch left next to right
- 20 Hold
- 21 Step left foot to left and shake left hip
- 22 Shake left hip again
- 23 Touch right foot next to left
- 24 Hold

BACK HIP SHAKES

- 25 Step back on right foot and shake right hip
- 26 Shake right hip again
- 27 Step back on left foot and shake left hip
- 28 Shake left hip again

HIP ROLLS

- 29 Roll hips forward
- 30 Roll hips back
- 31 Roll hips forward
- 32 Roll hips back (end with weight on left foot)

REPEAT

TAG

After wall 3

SHIMMY SHAKES

- 1-2 Step right foot to right side and shake right hip twice

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| 3-4 | Step left next to right and hold |
| 5-6 | Step right foot to right side and shake right hip twice |
| 7-8 | Step left next to right and hold |
| 9-10 | Step left foot to left side and shake left hip twice |
| 11-12 | Step right next to left and hold |
| 13-14 | Step left foot to left side and shake left hip twice |
| 15-16 | Step right next to left and hold |
