

U Shake It

拍数: 0 墙数: 1 级数: Improver east coast swing
编舞者: Judy Cain (USA)
音乐: The Shake - Neal McCoy



Sequence: AA BB CC D, AA BB CC D, AA BB CC D BBBB

PART A

VINE LEFT & RIGHT

1-4 Step left to left, right behind, left to left, scuff right forward
5-8 Step right to right, left behind, right to right, scuff left forward

STEP SCUFF FORWARD

9-12 Step left forward & scuff right, step right forward & scuff left
13-16 Step left forward & scuff right, step right forward & scuff left

HEEL SWITCHES TRAVELING BACKWARDS

17&18& Step back on left, tap right heel forward, step back on right, tap left heel forward
19&20 Step back on left. Tap right heel forward, clap on count 4
21&22 Step back on right, tap left heel forward, step back on left, tap right heel forward
23&24 Step back on right, tap left heel forward, clap on count 4

HIP ROLLS

25-32 Step left forward and roll hips forward and down, back and up repeat three more times

PART B

SHAKE

Have fun & be creative here

1-2 Step left to left, shimmy shoulders or shake hips for 2 counts
3-4 Right touch beside left, clap
5-6 Step right to right, shimmy shoulders or shake hips for 2 counts
7-8 Left touch beside right, clap

STEP TAPS/FULL RIGHT TURN

9-10 Step left forward & touch right next to left
11-12 Step right back making a right ½ turn, touch left next to right
13-14 Step left forward & touch right next to left
15-16 Step right back making a ½ right turn, touch left next to right

PART C

FORWARD ANGLE WALKS/BACKWARD STEP TAPS

1-4 Left forward (angle toward left corner), right beside left, left forward, touch right beside left
5-8 Right back, touch left next to left, left back, touch right next to left
9-12 Right forward (angle toward right corner), left beside, right forward, touch left beside right
13-16 Left back, touch right next to left, right back, touch left next to right

PART D

HEEL SPLITS, HEEL STEP

1-4 Split heels apart & close together, tap left heel forward and step beside right
5-8 Split heels apart & close together. Tap right heel forward and step beside left