

The Funky Shake

COPPER KNOB
STEPSHEETS

拍数: 136 墙数: 1 级数: Intermediate
编舞者: Sheryl Dedert & Connie Bordewick
音乐: The Shake - Neal McCoy



SYNCOPATED STEPS FORWARD, HIP SHAKES

&1 Jump slightly forward on right, together on left
2-4 Holding foot positions, shake hips for three counts
&5 Jump slightly forward on right, together on left
6-8 Shake hips for three counts, shifting weight to right foot

HEEL & HEEL & HEEL & SWITCH CROSS OVER

&9 Right heel out, weight on left
&10 Left heel out switching weight to right
&11 Right heel out switching weight to left
&12 Left heel out switching weight to right
&13 Switch weight to right foot when right crosses in front of left leg
14 Step with weight to left foot (which is behind right at this point)
15-16 Step right then left foot (weight ends on left)

2 ROMPS, SHUFFLE & ROCK STEP

&17 Step back right foot with left heel out (romp)
&18 Left home, right toe touch
&19 Step back right foot with left heel out (romp)
&20 Left home, right toe touch
21&22 Right shuffle
23-24 Rock forward left and back to right foot

LEFT SHUFFLE, ROCK STEP, JAZZ BOX ¼ TURN TO LEFT

25&26 Left shuffle going backwards
27-28 Rock back on right then back to left
29-32 Crossing right over left turning ¼ turn to left, finish jazz box (weight on left)

ROLLING VINES, RIGHT THEN LEFT

33-36 Rolling vine to right (4th count is a left touch)
37-40 Rolling vine to left (4th count is a right touch)

2 RIGHT TOE TWISTS, CLAP, 2 LEFT TOE TWISTS, CLAP

41&42 Touch right foot out to side with ball of foot on floor and twist twice
43-44 Step right foot next to left foot (weight to right) clap hands
45&46 Touch left foot out to side with ball of foot on floor and twist twice
47-48 Step left foot next to right foot (weight to left) clap hands

BOOGIE WALK, RIGHT HALF TURN, THEN QUARTER TURN RIGHT WITH TOUCH

49&50 Cross right toe in front of left and go to heel on 50
51&52 Bring left toe to left and weight to left heel on 52
53&54 Take right ½ turn to right, hold on 54
55&56 Continue to right with a quarter turn stepping left and touch right for 56

2 RIGHT HEELS, SWITCH, 2 LEFT HEELS, SWITCH, SINGLE HEELS AND SWITCHES

57-58 2 right heel digs

- &59-60 Switch weight to right, extend left heel out to do 2 left heel digs
- &61 Switch weight to left, right heel out
- &62 Switch weight to right, left heel out
- &63 Switch weight to left, right heel out
- &64 Switch weight to right, left heel out but keep close to right foot

4 LEFT SHAKES, 4 RIGHT SHAKES

- 65-68 Shake hips to left 4 counts (bringing left heel in home position)
- 69-72 Shake hips to right 4 counts

8 COUNT ROLL (SHAKE)

- 73-80 Taking hips starting at right from last shake making 4 circles to the left

4 FUNKY SHAKES AND 4 LOW SHAKES

For this 8 counts, weight is evenly distributed on both feet

- 81-84 Shake left, both hands in upper body area for 4 counts
- 85-88 Shake right, both hands lower area for 4 counts

And yes the body cannot stand still during this part, so shaking as little or as much as you desire

RIGHT OUT, LEFT OUT, RIGHT IN FRONT, LEFT OUT AND SAILOR STEP, ROCK STEP

- &89 Touch right out to side as weight goes to left foot
- &90 Touch left out to side as weight goes to right foot
- &91 Touch right out in front as weight goes to left foot
- &92 Touch left out to side as weight goes to right foot
- 93&94 Sailor step (taking left foot behind right, step right then left)
- 95&96 Shift weight from ball of right foot to left foot with right touch

ROLLING VINES, RIGHT THEN BACK LEFT

- 97-100 Rolling vines to right with touch on count 100
- 101-104 Rolling vine to left with touch on count 104

STEP TOUCHES

- 105-106 Step forward right, touch left (45 degree or to 2 o'clock)
- 107-108 Step back left, touch right (45 degree to back or 7 o'clock)
- 109-110 Step back right, touch left (45 degree to back or 5 o'clock)
- 111-112 Step forward, left touch right (45 degree to front at 10 o'clock)

VINE RIGHT AND VINE LEFT (THESE ARE NOT ROLLING)

- 113-116 Vine right with a touch on count 116
- 117-120 Vine left with a touch on count 120

2 RIGHT TOE TWISTS, CLAP, 2 LEFT TOE TWISTS, CLAP

- 121&122 Touch right foot out to side with ball of foot on floor and twist twice
- 123-124 Step right foot next to left foot (weight to right) clap hands
- 125&126 Touch left foot out to side with ball of foot on floor and twist twice
- 127-128 Step left foot next to right foot (weight to left) clap hands

8 COUNT ROLL (SHAKE)

- 129-136 Taking hips starting at right from last shake making 4 circles to the left

REPEAT
