拍数： 136 墙数：0

## 级数：

编舞者：Michelle Moore（USA）
音乐：The Shake－Neal McCoy

Right foot kick ball change
Right foot kick ball change
Step out in front with right foot and pivot $1 / 2$ turn to left
Step out with right foot again \＆pivot $1 / 2$ turn to left

Shuffle forward right－left－right
Shuffle forward left－right－left
Shuffle backward right－left－right
Shuffle backward left－right－left

Tap right toe to right side twice
Jump left toe to left side and tap twice
Jump right toe out to right side
Jump left toe out to left side
Jump right toe out to right side
Jump left toe out to left side

Cross left foot over and in front of right
Point right toe out to right side
Cross right foot over and in front of left
Point left toe out to left side
（From side position）take left foot and cross behind right foot going backwards
Point right toe out to right side
Cross right foot backward and behind left
Point left toe out to left side

Step left foot forward and pivot $1 / 2$ turn
Step left foot forward and pivot $1 / 2$ turn
Take one step forward with left foot
Step forward with right foot and pivot $1 / 2$ turn to left
Take one step forward with right foot

DUCK WALK，（TOE HEEL WALK，WITH HEAD AND BODY BOBBING LIKE A DUCK）
41－42 Left foot toe，heel
43－44 Right foot toe，heel
45－46 Left foot toe，heel
47－48 Right foot toe，heel

## ROGER RABBIT MOVING BACKWARD

49－50 Left foot behind right and right foot behind left
51－52 Left foot behind right and right foot behind left
53\＆54\＆（Very quickly）left foot out，right foot out，left foot in，right foot in
55\＆56\＆（Repeat）left foot out，right foot out，left foot in，right foot in（we call this move out，out，in，in）
When you hear the chorus start
57－58 Bending at the waist，shake shoulders
59－60 Stand up straight，shake hips

| 61-62 | Bending at the waist, shake shoulders |
| :--- | :--- |
| $63-64$ | Stand up straight, shake hips |

## When he sings "shake it to the left"

65-68 Step out with your left foot while shaking your body and slide right foot over to left
When he sings "shake it to the right"
69-72 Step out with your right foot while shaking you body and slide left foot over to right.

## JUMP/TURN

73-76 Left foot out, right foot out, left foot in, right foot cross over left, spin $1 / 2$ turn.
77-80 Bending knees, swing hips right, left, right \& left.
When he sings "shake it real funky"
81-84 While shaking hips pretend to be swimming with arms
When he's singing "shake it real low"
85-88 Standing in place, roll your hips around.
When he's singing "shake it till you can't shake it no more"
89-96 Put your arms straight out to sides, feet are slightly apart, and shake everything you can while swaying from right to left. (that is the end of the chorus)

97-100 Grapevine left-step left foot to left side, step right foot behind left, step left foot to left and touch right toe next to left foot.
101-104 Grapevine right-step right foot to right, step left foot behind right, step right foot to right and touch left toe next to right.

## MOVING FORWARD

105-108 Step left foot forward, \& slide right foot up next to left, step left foot forward, \& touch right toe next to left.
109-112 (Walking backward) start walk with right foot, step back with left foot, start a $1 / 4$ turn to the right with right foot and stomp left foot next to right.
113-116 (Knee pops) going up on right toe, pop right knee forward, going up on left toe, pop left knee forward, right knee again, left knee again.
117-120 (Elvis) or half moon with right knee, half moon with left knee.

## EIGHT COUNTS FROM NEAL McCOY'S VIDEO

121-128 Feet are slightly apart, arms are bent at elbow, when right hip is out, right hand is down, when left hip is out, left hand is down, shake from right to left.

## ANOTHER EIGHT COUNTS

129-136 With hands behind head bump hips twice to the right, twice to the left, then right, left, right, left.

REPEAT
You will do this dance three complete times. At the end of the third time, he just keeps singing the ending over \& over. You just keep doing the last 16 steps over \& over, but you keep turning and getting together with other dancers till the song ends. The main thing is you must start when he starts singing otherwise the dance will not coincide with the words of the song. It's a lot of steps but it really looks great and it's a lot of fun.

