

The Endicott Shake

COPPER KNOB
STEPSHEETS

拍数: 56 墙数: 4 级数: Improver
编舞者: Dom Quercia (USA)
音乐: The Shake - Neal McCoy



WALK 2, SHUFFLE

1-2 Step forward on right foot, left foot
3&4 Shuffle forward right foot, left foot, right foot

WEAVE RIGHT 6 BEATS, TURN ½, HOLD

5-6 Step left foot in front of right foot, step right foot to right
7-8 Step left foot behind right foot, step right foot to right
9-10 Step left foot in front of right foot, touch right-toe to right
11-12 Pivot on left foot and turn ½ to the right, keeping weight on left foot, hold

13-24 Repeat 1-12

FOUR ¼ TURNS TO LEFT (OPTIONAL - RAISE HANDS UP AND BACK DOWN ON EACH TURN)

25-26 Step right foot forward, turn ¼ to left
27-28 Step right foot forward, turn ¼ to left
29-30 Step right foot forward, turn ¼ to left
31-32 Step right foot forward, turn ¼ to left (weight on left foot)

STEP FORWARD, POINT 2X, STEP BACK, POINT, 2X

33-34 Step right foot forward, point left-toe to left side
35-36 Step left foot forward, point right-toe to right side
37-38 Step right foot back, point left-toe to left side
39-40 Step left foot back, point right-toe to right side

JAZZ BOX, JAZZ BOX WITH ¼ TURN RIGHT

41-42 Step right foot over left foot, step left foot back
43-44 Step right foot to right, step left foot next to right foot
45-46 Step right foot over left foot, step left foot back making ¼ turn to right
47-48 Step right foot to right, step left foot next to right foot

HIP BUMPS

49-50 Bump hips to right twice
51-52 Bump hips to left twice
53-56 Bump hips left, right, left, right

REPEAT
