

The Dodge Shake

拍数: 68 墙数: 2 级数: Intermediate
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音乐: Wink - Neal McCoy



SIDE SHAKES

1 Step right foot to right side-bump hips right
&2 Bump hips left, bump hips right
3-4 Touch right foot together, hold

BACK TURN, HIP THRUSTS

5-6 Step right foot back, pivot half turn right
7-8 Step right foot together, hold
9-12 Thrust hips forward four times

HIP ROLL TURN, TWIST DOWN, TWIST UP

13 Step right foot slightly forward-begin rolling hips
14-16 Circle hips twice making quarter turn left
17-18 Swivel heels right, left-bending down
19-20 Swivel heels right, center-standing up

STEP QUARTER, ROCK STEP, MONTEREY CORKSCREW

21-22 Step right foot forward, pivot quarter turn left
23-24 Step right foot forward, rock back on left foot
25 Touch right toe to right side
26 Pivot half turn right-step right foot together
27 Touch left toe to left side
28 Pivot half turn left-step left foot together

POINTS & CROSSES

29-30 Touch right toe to right side, cross right foot in front of left
31-32 Touch left toe to left side, cross left foot in front of right
33-34 Touch right toe to right side, cross right foot behind left
35-36 Touch left toe to left side, cross left foot behind right

LOCK STEPS FORWARD

37-38 Step right foot forward, slide left foot behind right
39-40 Step right foot forward, brush left foot forward
41-42 Step left foot forward, slide right foot behind left
43-44 Step left foot forward, brush right foot forward

CHASSE, SIDE ROCK, CHASSE, SIDE ROCK

45 Cross right foot in front of left
&46 Step left foot slightly to left, step right foot slightly to left
47-48 Step left foot to left side, rock onto right foot
49 Cross left foot in front of right
&50 Step right foot slightly to right, step left foot slightly to right
51-52 Step right foot to right side, rock onto left foot

TOE STRUTS BACK WITH SHIMMIES

Shimmy shoulders for 8 counts

53-54 Step right toe back, drop right heel to floor
55-56 Step left toe back, drop left heel to floor
57-58 Step right toe back, drop right heel to floor
59-60 Step left toe back, drop left heel to floor

CROSS TURN, LEFT SHAKES

61 Cross right foot in front of left
62-64 Pivot half turn left (slow turn)
65 Step left foot to left side-bump hips left
&66 Bump hips right, bump hips left
67-68 Step left foot together, hold

REPEAT
