

Don't Stop Shakin'

拍数: 36 墙数: 3 级数: Improver
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音乐: Fire - Babyface & Des'ree



Start On The Word "Car"

SCUFF, HITCH, STEP, HIP BUMPS WITH SHOULDER PUSHES, ROCK, SHUFFLE TURN

1&2 Scuff right foot forward, hitch right knee, step slightly forward right
3&4 Bump hips - right-left-right, for each hip bump push the same shoulder as hip upwards
5-6 Rock forward left, recover weight onto right
7&8 Shuffle half turn left stepping - left-right-left

KICK & POINT, TOE STRUT, KICK & POINT, TOE STRUT

1&2 Kick right foot forward, step right to place, point left to left side
3-4 Touch left toe forward, drop heel
5&6 Kick right foot forward, step right to place, point left to left side
7-8 Touch left toe forward, drop heel

SIDE STEPS WITH HEEL HINGES, SHUFFLE BACK TWICE

1-2 Step right to right side turning left heel towards right foot and tap left heel
3-4 Step left to left side turning right heel towards left foot and tap right heel
5&6 Shuffle back - right-left-right
7&8 Shuffle back - left-right-left

ROCK BACK, SHUFFLE, HIP SHAKE WALKS

1-2 Rock back right, recover weight onto left
3&4 Shuffle forward - right-left-right
5&6 Step forward left bumping hips - forward-back-forward
7&8 Step forward right bumping hips - forward-back-forward

CHASSE, BACK ROCK

1&2 Chasse to the side - left-right-left
3-4 Rock back right, recover weight onto left

REPEAT
