

Charlie's Shake

拍数: 32 墙数: 4 级数: Beginner
编舞者: Charlie Milne (CAN)
音乐: I Feel Lucky - Mary Chapin Carpenter



When dancing to The Shake, repeat counts 1-8 when you are facing the back wall the 2nd and 3rd time (at the start of the 7th and 11th rotations). This will allow you to "Shake it to the left" and "Shake it to the right", "Shake it real funky" and "Shake it real low" when Neal tells you to!

SHIMMY LEFT, TOUCH RIGHT

- 1 Step to left side with left foot as you wiggle hips & shake shoulders
- 2 Hold foot position and continue with wiggles & shakes
- 3 Touch right toe next to left foot, continue with wiggles & shakes
- 4 Hold foot position and continue with wiggles & shakes

SHIMMY RIGHT, TOUCH LEFT

- 5 Step to right side with right foot as you wiggle hips & shake shoulders
- 6 Hold foot position and continue with wiggles & shakes
- 7 Touch left toe next to right foot, continue with wiggles & shakes
- 8 Hold foot position and continue with wiggles & shakes

WALK IN PLACE (WITH ACCENTED BODY RHYTHM!)

- 9 Step in place with left foot next to right foot
- 10 Step in place with right foot next to left foot
- 11 Step in place with left foot next to right foot
- 12 Step in place with right foot next to left foot

LEFT STRUT, RIGHT STRUT

- 13 Step in place with toe/ball of left foot
- 14 Drop left heel down
- 15 Step in place with toe/ball of right foot
- 16 Drop right heel down

SHIMMY BACK, STEP TOGETHER

- 17 Touch left toe back as you wiggle hips & shake shoulders
- 18 Hold foot position and continue with wiggles & shakes
- 19 Place left foot next to right foot and continue with wiggles & shakes
- 20 Hold foot position and continue with wiggles & shakes

SHIMMY FORWARD, STEP TOGETHER

- 21 Touch right toe forward, lean forward and continue with wiggles & shakes
- 22 Hold foot position and continue with wiggles & shakes
- 23 Place right foot next to left foot and continue with wiggles & shakes
- 24 Hold foot position and continue with wiggles & shakes

KICK, CROSS, KICK, TOGETHER

- 25 Kick left foot forward
- 26 Cross left foot in front of bent right leg
- 27 Kick left foot forward, straighten right leg
- 28 Place left foot next to right foot

KICK, CROSS, TURN/KICK, TOGETHER

- 29 Kick right foot forward
- 30 Cross right foot in front of bent left leg
- 31 Kick/turn $\frac{1}{4}$ turn left with right foot, straighten left leg
- 32 Place right foot next to left foot

REPEAT
