Ahhhh....Shake It!

拍数: 48   **墙数:** 4   **级数:** Intermediate

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音乐: Shake It - Chris Gill

RIGHT TOE BACK, TOGETHER, HEEL HOOK, TWIST HEELS RIGHT, CENTER, RIGHT, CENTER

1-4   Touch the right toe back, touch the right toe beside the left foot, right heel forward hook right foot in front of the left shin

5-8   Bring the right foot beside the left as you twist both heels right, twist both heels center, twist both heels right, twist both heels center

LEFT TOE BACK, TOGETHER, HEEL HOOK, TWIST HEELS LEFT, CENTER, LEFT, CENTER

9-12   Touch the left toe back, touch the left toe beside the right foot, left heel forward hook left foot in front of the right shin

13-16   Bring the left foot beside the right as you twist both heels left, twist both heels center, twist both heels left, twist both heels center

DIAGONAL SYNCOPATED STEP FORWARD, 4 HEEL BOUNCES TURNING ¼ LEFT

17-18&19-20   Stomp right foot forward angling body to the left, clap, scoot the left foot forward to land behind the right foot, stomp forward on the right foot and clap

21-24   While on the balls of both feet, bounce the heels four times as you make a ¼ turn to the left (weight ends on the left foot)

HEEL SWITCHES RIGHT AND LEFT, TAP RIGHT HEEL TWICE

25&26&27-28   Right heel forward, step on the right foot, left heel forward, step on the left foot, tap the right heel forward twice

29-32   Tap right heel out, tap right heel in, kick right foot forward twice

STEP FORWARD RIGHT, HOLD, PIVOT ½ LEFT, HOLD, SKATE FORWARD RIGHT AND LEFT, MAKE ¼ TURN LEFT

33-36   Step forward on the right foot, hold, ½ pivot turn to the left, hold

37-38   Skate forward right and left

39-40   Step forward on the right and make ¼ turn left (weight is on the left foot)

LINDY RIGHT, SIDE SHUFFLE LEFT, ¼ TURN RIGHT WITH A ROCK RECOVER

41&42-43-44   Side shuffle right, left, right, rock back on the left, recover on the right

45&46&   Side shuffle left, right, left, make ¼ turn to the right

47-48   Rock back on the right, recover on the left

REPEAT