

# Shake It Up!

COPPERKNOB  
BY STEPHEN

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Pat Stott (UK), Lizzie Stott (UK) & Steve Rutter (UK) - August 2007  
音乐: Yassou Maria - Sarbel : (Album: Eurovision Song Contest 07 Compilation)



## 16 Count Intro?

### Section 1      **Toe Struts (With Shimmy?s), Step Forward, Forward Rock, ½ Turn Right, Lock Step Forward.**

- 1&      Touch right toe forward, drop heel down.  
2&      Touch left toe forward, drop heel down.  
3&      Touch right toe forward, drop heel down.  
**Note:**      DURING these toe struts, SHIMMY shoulders.  
4      Step forward on left.  
5&6      Rock forward on right, recover weight back onto left, make a half turn right stepping forward on right.  
7&8      Step forward on left, lock right behind left, step forward on left.

### Section 2      **Full Triple Turn Left, Mambo Rocks, Paddle ¾ Turn Right.**

- 1&2      Make a half turn left stepping back on right, make a half turn left stepping forward on left, step forward on right.  
3&4      Rock forward on left (bending left knee slightly), recover weight back onto right, close left beside right.  
5&6&      Rock right to right side, recover weight onto left, close right beside left, make a quarter turn right hitching left knee.  
7&      Touch left toe to left side, make a half turn right hitching left knee.  
8&      Touch left toe to left side, hitch left knee.

**RESTART: When Dancing WALL 3 on Count 8 Stomp left beside right (putting weight on left) rather than a touch with left then restart dance from Beginning (You will now be facing the 9 o'clock Wall).**

### Section 3      **Crossing Shuffle & Flick x2, Weave, Close, Toe Touches, Egyptian Style Clap!**

- 1&2      Cross left over right, step right to right side, cross left over right.  
&      Flick right foot out slightly to right side.  
3&4      Cross right over left, step left to left side, cross right over left.  
&      Flick left foot out slightly to left side.  
5&6      Cross left over right, step right to right side, cross left behind right.  
&7      Close right beside left, touch left toe to left side.  
&8      Close left beside right, touch right toe to right side.  
&      Take arms out and above head and clap above head so that your hands are in a ?Praying? position.

### Section 4      **Side Step, Drag, Ball-Cross, Side Step, Back Rock, Side Step, Triple Full Turn Left.**

- 1-2      Turning to face left corner step right to right side - thus stepping right towards right corner, Drag left up towards right.  
Optional Arms & *When dancing counts 1-2 place left hand across in front of body and at the same time Styling: bending right elbow place right hand above head with palm facing up towards ceiling, when dragging also lean upper body a little to the left.*  
&3      Place weight onto ball of left, cross right over left (still facing diagonal at this point).  
4      Step left to left side straightening up to flat wall again.  
5&6      Rock back on right, recover weight forward onto left, step right to right side.  
7&8      Make a half turn left stepping forward on left, make a quarter turn left stepping ball of right beside left, make a quarter turn left crossing left slightly over right,  
Optional Arms & *When dancing counts 7&8 hold arms out to sides, hands at shoulder height, palms facing Styling: Upwards, also when turning do it with relaxed knees thus making a samba style turn with a little bounce.*

**RESTART:** when Dancing Wall 3 Restart after 16 counts by stomping left to right on count 16 rather than touching left to left (omit the last hitch) (9 o'clock).

**Begin Again.**

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