

Shaken, Not Stirred

COPPER KNOB
STEPPERS

拍数: 48 墙数: 2 级数: Improver
编舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - January 2011
音乐: Rum'n'cocacola (Shake It Up Well) (Radio Mix) - Tim Tim



An exotic cocktail of 48 steps blended together to create an intoxicating dance which is definitely shaken, not stirred.

A 2 wall dance experience (who needs those confusing side walls anyways?!?)

(Sip your drink as you leisurely stroll onto the floor and avoid any unnecessary extra steps.

Why tax the brain anymore than needed?

You've got 56 counts before you start, that's approx 37 sec.

You'll hear some muted trumpets and when she starts singing gibberish.....dance away!)

[1-8] L fwd, R Charleston, L coaster, R cross into ½ turn & L fwd

1-2-3 L fwd, touch R fwd, step R back
4&5 L back, R together, L fwd
6&7 Cross R over L, turn ¼ right & L back, turn ¼ right & R fwd
8 L fwd (6)

[9-16] R Charleston, L coaster, R fwd step touch, L back, R kick, R coaster crossed

1-2 Touch R fwd, step R back
3&4 Step L back, step R together, step L fwd
5&6& R fwd, touch L together, L back, R low kick fwd
7&8 Step R back, step L together, cross step R over L

[17-24] Shake shake shake, behind side cross, shake shake shake, behind- ¼ L-fwd

1&2& Bump hips L, R, L, switch weight to R
3&4 L behind R, R side, L over R
5&6& Bump hips R, L, R, switch weight to L
7&8 R behind L, ¼ left & L fwd, R fwd (3)

[25-32] Hip mambo fwd & back, ½ R shaken paddle turn, L triple (hic!)

1&2 Rock L fwd, recover on R, L together (hippy mambo)
3&4 Rock R back, recover on L, R fwd
&5&6 Hitch L knee, turn ¼ right & point L, hitch L knee, turn ¼ right & point L (9) (use hips)
7&8 L fwd, R together, L together

[33-40] Shake shake shake, behind side cross, shake shake shake, behind- ¼ R- fwd

1&2& Bump hips R, L, R, switch weight to L
3&4 R behind L, L side, R over L
5&6& Bump hips L, R, L, switch weight to R
7&8 L behind R, ¼ right and R fwd, L fwd (12)

[41-48] Hip mambo fwd & back, ½ L shaken paddle turn, R triple (hic! hic!)

1&2 Rock R fwd, recover on L, R together (hippy mambo)
3&4 Rock L back, recover weight on R, L fwd
&5&6 Hitch R knee, turn ¼ left & point R, hitch R knee, turn ¼ left and point R (6)
7&8 R fwd, L together, R together

Spectacular Finale: If you want to end with a flourish please do the following:

On the final wall you will get as far as count 16 and be facing the back wall.

Here's your final steps:

1&2& Bump hips L,R,L, switch weight to R,

3&4 L behind R, R side, L FWD,
5&6 R fwd, ½ L pivot turn, R fwd,
HOLD & celebrate with another rum 'n cola! Hic!

If you want to make contact: bond_and_moneypenny@hotmail.co.uk
