Keep On Shakin'



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音乐: Back It Up - Caro Emerald



Intro: 16 counts

STEP, STEP, MAMBO, STEP, STEP, TOUCH, STEP

1-2-3&4 Step R forward, step L forward, Rock R forward, step L in place, step R back

5-6-7-8 Step L back, step R back, touch L toe behind R, step L forward

STEP, STEP, KICK BALL TOUCH, DIAGONAL BACK LOCK SHUFFLE, DIAGONAL BACK LOCK SHUFFLE

1-2-3&4 Step R forward, step L forward, kick R forward, step R beside L, touch L toe across R

Step L diagonal back L, Lock R across L, step L back
 Step R diagonal back R, Lock L across R, step R back

STEP, TOUCH, STEP, TOUCH, LEFT CHASSEE, STEP, TOUCH, STEP, TOUCH, RIGHT CHASSEE

1&2& Step L to L, touch R beside L, step R to R, touch L beside R

3&4 Step L to L, step R beside L, step L to L

5&6& Step R to R, touch L beside R, step L to L, touch R beside L

7&8 Step R to R, step L beside R, step R to R

SKATE, SKATE, STEP, 1/4 TURN L, STEP, STEP, KICK, OUT, OUT

1-2-3-4& Skate L, Skate R, Skate L, step R forward, ¼ turn L (09:00)

5-6-7&8 Step R forward, step L forward, kick R forward, step R to R, step L to L (weight on L)

SHAKE, SHAKE, DRAW UP, SHAKE, SHAKE, DRAW UP, STEP, DRAW BESIDE, COASTER STEP

Shake hips to R, shake hips to L, shake hips to R and draw L foot up to R knee Shake hips to L, shake hips to R, shake hips to L and draw R foot up to L knee

5-6 ½ turn R and step R forward (on ball) (12:00), ¼ turn L and step L in place and draw R

beside L (weight on L) (09:00)

Hold your both hands up parallel on the air on count 5, draw them down on count 6.

7&8 Step R back, step L beside R, step R forward

TOE STRUT, ½ MONTEREY TURN, COASTER STEP TOUCH, COASTER STEP TOUCH, STEP

1& Touch L toe forward, drop heel

2&3-4 Touch R toe to R, ½ turn R and step R in place, touch L toe to L, step L beside R (03:00)

Step R back, step L beside R, touch R toe forward (weight on L)
Step R back, step L beside R, touch R toe forward (weight on L)

STEP, STEP, KICK, BACK, TOGETHER, CROSS TOE STRUT, SIDE TOE STRUT, CROSS ROCK, STEP

&1-2-3&4 Step R back (on ball), step L forward, step R forward, kick L forward, step L back, step R

beside L

5&6& Touch L toe across R, heel down, touch R toe to R, heel down

7&8 Rock L across R, step R in place, step L to L

STEP, STEP, KICK, BACK, TOGETHER, JAZZ BOX 1/4 TURN RIGHT, JAZZ BOX 1/4 TURN LEFT

1-2-3&4 Step R forward, step L forward, kick R forward, step R back, step L beside R

5&6 Step R across L, step L back, ¼ turn R and step R to R (06:00) 7&8 Step L across R, step R back, ¼ turn L and step L to L (03:00)

REPEAT