

Shake It Out

拍数: 32 墙数: 4 级数: Improver
编舞者: Francien Sittrop (NL) - June 2011
音乐: Shake It Out - Belle Perez : (Single)



Intro : Start after 8 counts from the beginning

[1 – 8] Hip Bumps R, Coaster Step ,Runs fwd x3 , Mambo Step

1 & 2 Touch R Diag. Fwd and Bump Hips R,L,R (Weight stays on L)
3 & 4 Step R back, Step L next to R, Step R fwd
5 & 6 Run small steps fwd L,R,L
7 & 8 Rock R fwd, Recover on L, Step R back

[9-16] Coaster step, Rock Recover , ½ R step fwd. ¼ R step side, L mambo with touch

1 & 2 Step L back, Step R next to L , Step L fwd
3 & 4 Rock R fwd, Recover on L, ½ Turn R step R fwd (06.00)
5 & 6 ¼ Turn R rock L to the L side, Recover on R, Step L over R (09.00)
7 & 8 Rock R to R side(with Hips), Recover on L, Touch R next to L

****** Restart on walls 2 , 6 , 7**

[17-24] Samba Step, Lock Step fwd, R Mambo fwd, Sailor ½ turn L

1 & 2 Cross R over L, Rock L to L side, Recover on R
3 & 4 Step L fwd, Lock R behind L, Step L fwd
5 & 6 Rock R fwd, Recover on L, Step R back
7 & 8 Cross L behind R with ½ Turn L , Step R to R side, Step L to L side (03.00)

[25-32] Samba Step, Samba ¼ Turn L, Side Hip Bumps, Sailor Stomp ¼ Turn L

1 & 2 Cross R over L, Rock L to L side, Recover on R
3 & 4 Cross L over R, ¼ L step R back, Step L fwd (12.00)
5 & 6 Step R to R side and bump hips R,L,R
7 & 8 Cross L behind R with ¼ Turn L, Stomp R to R side, Stomp L to the L side (09.00)

Restart: During walls 2 , 6 , 7 after count 16 , Start again with count 1.

Ending: Last wall of the dance ends on the back wall. Then Cross R over L and make ½ Turn L to face the front wall again

Have fun and Enjoy

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