

# Shake It For Me

**COPPER KNOB**  
STEPSHEETS

拍数: 48                      墙数: 4                      级数: Phrased Intermediate  
编舞者: Jena McKinney (USA) & Derek Fuller - April 2011  
音乐: Country Girl (Shake It for Me) - Luke Bryan



## PART A - 32 counts

### Twist, Shuffle left, ½ turn by stepping right then left, Shuffle right

1&2                      Twist on balls of feet with heels to right bring home and right  
3-4                      Shuffle to left (left together left)  
5-6                      Step right turning ½ left, now facing 6 o'clock step right behind left  
6-8                      Shuffle right (right together right)

### Stomp left, Kick left, coaster left, jumps forward, back, forward, clap

1-2                      Stomp left foot in place, kick left  
3&4                      Coaster Left (Step back left, step back right, step with weight forward left)  
&5                      Jump forward Right then left (legs apart)  
&6                      Jump home Right then left (legs home)  
&7-8                      Jump forward Right then left, Clap on &,8

### Sailor Right, Sailor Left, Shuffle forward Right, Shuffle forward Left

1&2                      Step right foot behind left, step out left, step out with right  
3&4                      Step left foot behind right, step out right, step out with left  
5&6                      Shuffle forward right, left, right  
7&8                      Shuffle forward left, right, left

### Mambo right, Sailor ¼ turn left, walk forward R-L-R hitch L, step out-out-home, flick right foot

1&2                      Rock forward right, recover left, bring right foot home  
3&4                      Step left foot behind right as you turn ¼ left (facing 9 o'clock), step out right, step out left  
5&6&                      walk forward quick right, left, right, hitch left  
7&8&                      step out left, step out right, step home with left, flick right foot behind left

## PART B – 16 counts (always on Chorus)

### Coaster right, chasing shuffle turns with emphasis on hips shakes

1&2                      Coaster Right (Step back right, step back left, step with weight forward right)  
3&4&                      Shuffle left (left together left) turn ¼ left with small right hitch (weight on left)  
5&6&                      Shuffle right (right together right) turn ¼ left (weight on right)  
7&8                      Shuffle left (left together left)

### Quick jazz boxes, walk forward R-L-R hitch L, step out-out-home, flick right foot

1&2                      cross right over left, step out left, step out right  
3&4                      cross left over right, step out right left  
5&6&                      walk forward quick right, left, right, hitch left  
7&8&                      step out left, step out right, step home with left, flick right foot behind left

Sequence: AA BB AA BB AAA BBBB A