

# Shake It Up, Shake It Low

COPPER KNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Sebastiaan Holtland (NL) - September 2012  
音乐: Maraca - Mohombi



32 count intro (15 sec).

**Sec 1: [1-8] ¼ L, Out, Out, Hips L-R, Rolling Vine L, Touch.**

- 1-2            Turn ¼ left (9) step Rf out to right, step Lf out to left.
- 3-4            Bump L hip to left, bump R hip to right.
- 5-6            Turn ¼ left (6) step Lf forward, turn ½ left (12) step Rf back.
- 7-8            Turn ¼ left (9) step Lf to the left, touch Rf next to Lf.

**Sec 2: [9-16] Side Jump, Hold, Back & Heel, Hold, ¼ L, Back & Heel, Hold, Replace, & Cross, Hold.**

- &1-2           Small jump to the right, touch Lf together, Hold.
- &3-4           Step Lf back, bring R heel forward, Hold.
- &5-6           Turn ¼ left (6) step Rf back, bring L heel forward, Hold.
- &7-8           Step Lf back in place, cross Rf over Lf, Hold.

**Sec 3: [17-24] Back, Touch Fwd, ½ L, Replace, Touch Fwd, Back, Heel, ¼ L, Replace, Cross.**

- 1-2            Step Lf back, touch Rf forward.
- 3-4            Turn ½ left (12) step Rf back in place, touch Lf forward.
- 5-6            Step Lf back, bring R heel forward.
- 7-8            Turn ¼ left (9) step Rf back in place, cross Lf over Rf.

**Sec 4: [25-32] Syncopated Side Rocks R-L, Back Rock, Recover, ¼ R, Back, ¼ R, Side.**

- 1-2            Rock Rf to the right, recover on Lf.
- &3-4           Step Rf next to Lf, rock Lf to the left, recover on Rf.
- 5-6            Rock Lf back, recover on Rf.
- 7-8            Turn ¼ right (12) step Lf back, turn ¼ right (3) step Rf to the right.

**Sec 5: [33-40] Step, Hold, & Step, Hold, Step, Knee Pop, Back, Together.**

- 1-2            Step Lf forward, Hold. (3:00)
- &3-4           Step Rf next to Lf, step Lf forward, Hold.
- &5-6           Step Rf next to Lf, step Lf slightly forward lift heels off the floor as you pop both knees forward, drop both heels to the floor weight onto Rf.
- 7-8            Step Lf Back, step Rf next to Lf holding weight onto Lf.

**Sec 6: [41-48] Side, Hold, Together, Side, Hold, Together, Side Rock, Recover, Behind, Point L.**

- 1-2            Step Rf to the right, Hold.
- &3-4           Step Lf next to Rf, step Rf to the right, Hold.
- &5-6           Step Lf next to Rf, rock Rf to the right, recover on Lf.
- 7-8            Step Rf behind Lf, point Lf out to left. (3:00)

**Sec 7: [49-56] Cross, ¼ L, Back, Back, Hook, ½ L, Hook, ½ R, Hook.**

- 1-2            Cross Lf over Rf, turn ¼ left (12) step Rf back.
- 3-4            Step Lf back, Rf hook up across Lf.
- 5-6            Turn ½ left (6) step Rf slightly back, Lf hook up across Rf.
- 7-8            Turn ½ right (12) step Lf slightly back, Rf hook up across Lf.

**Sec 8: [57-64] Press Fwd R, Lift L, Replace, R Knee Lift, Step, Touch, ¼ L, Press Fwd R, Lift R, Replace, Knee Lift, Step, Touch.**

- 1-2            Press Rf forward and lift Lf up, step Lf back in place and lift R knee up.

- 3-4 Step Rf forward, touch Lf next to Rf weight onto Lf.  
5-6 Turn  $\frac{1}{4}$  left (9) press Lf forward and lift Rf up, step Rf back in place and lift L knee up.  
7-8 Step Lf forward, touch Rf next to Lf weight onto Lf. (9:00)

**Start again and have fun!**

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