

Shake It For Me Girl

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Improver
编舞者: Peter Davenport (ES) - May 2013
音乐: Country Girl (Shake It for Me) - Luke Bryan : (Album: Country Girl)



32 Count Intro, Start on the words, "Gotta Little Boom" Aprox 18 sec's
No tags or Restarts

Walk, Walk ,Scuff Hitch Back, Coaster Step, Slide Back Together

1,2 Walk forward R.L [12]
3&4 Scuff R foot Though, Hitch R knee, Step back on R [12]
5&6 L coaster step [12]
7,8 Take a long step back with R, Bring L to R (weight on L) [12]

Stomp Twist Twist, Stomp Twist Twist, Rock Replace, Shuffle ½ Turn R

1&2 Stomp R foot forward, Twist heels R.L (on the diagonal R) [1]
3&4 Stomp L foot forward, Twist heels L.R (on the L diagonal) [11]
5,6 Rock forward on R, Replace on L [12]
7&8 Shuffle ½ over R shoulder [6]

Step ½ Turn R, L Shuffle Forward, Full Turn L, Step ¼ L

1,2 Step forward on L, Pivot ½ R (weight on R) [12]
3&4 Left shuffle forward [12]
5,6 Make ½ turn L step back on R, Make ½ L step forward on L [12]
7,8 Step forward on R, Pivot ¼ L (weight on L) [9]

Cross Side Sailor Step, Cross Side Sailor ½ R

1,2 Cross R over L, Step L to L side [9]
3&4 R sailor step into the R diagonal [11]
5,6 Cross L over R, Step R to R side [9]
7&8 L sailor ½ turn L (bring L forward) [3]

Side Close Side R, Rock Back Replace, Side Close Side L, ¼ Turn R Step

1&2 Side shuffle R (shake your hips whilst doing these steps) [3]
3,4 Rock L behind R, Recover on R [3]
5&6 Side shuffle L (shake your hips whilst doing these steps) [3]
7,8 Make ¼ R step R to R side, Step L forward [6]

R Heel, H, Switch ¼, L Heel, H, Switch ¼ , Heel Switches, Hook Touch

1,2& Touch R heel forward, Hold, Bring R to L [6]
3,4& Make ¼ turn L Touch L heel forward, Hold, Bring L to R [3]
5&6& Make ¼ turn L switching heels R&L&R [12]
7&8 Touch R heel forward, Hook R under L shin, Touch R toe to L [12]

R Heel, H, Switch ¼, L Heel, H, Switch ¼ , Heel Switches, Hook Touch

1,2& Touch R heel forward, Hold, Bring R to L [12]
3,4& Make ¼ turn L Touch L heel forward, Hold, Bring L to R [9]
5&6& Make ¼ turn L switching heels R&L&R [6]
7&8 Touch R heel forward, Hook R under L shin, Touch R toe to L [6]

Step Bump Hips, Step Bump Hips, Mambo Step, Coaster Step

1&2 As you step R forward bump hips R.L.R (on the R diagonal) [7]
3&4 As you step L forward bump hips L.R.L (on the L diagonal) [5]

5&6 R mambo step forward [6]
7&8 L coaster step (bring L forward) [6]

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