# Shake It!

**拍数:** 32 **墙数:** 4 **级数:** High Beginner

**编舞者:** Lori Manary (USA) - June 2011

**音乐:** Country Girl (Shake It for Me) - Luke Bryan : (iTunes)

**FWD SHUFFLE ( R,L,R) 2 L HIP BUMPS, FWD SHUFFLE (L,R,L) , 2 R HIP BUMPS**

| | |
|---|---|
| 1&2 | Forward step R (1), Step L next to R (&), Forward step R (2), R takes weight |
| 3, 4 | Touch L toe slightly out to L , bump L hip slightly out to L twice (3, 4) |
| 5&6 | Forward step L (5), Step R next to L (&), Forward step L (6), L takes weight |
| 7, 8 | Touch R toe slightly out to R , bump R hip slightly out to R twice (7, 8) (12:00) |

**HEEL TAP R,L R TOE TOUCH, 2 L HIP BUMPS, HEEL TAP L,R, L TOE TOUCH, 2 HIP BUMPS R**

| | |
|---|---|
| 9&10& | Tap R heel forward (9) Shift weight to R(&) Tap L heel forward (10) Shift weight to L(&) |
| 11, 12 | Touching R toe forward, bump L hip twice to left (11, 12) |
| &13& 14& | Shift weight to R(&) Tap L heel forward (13) Shift weight to L(&), Tap R heel forward (14) Shift weight to R(&) |
| 15, 16 | Touching L toe forward, bump R hip twice to right (15, 16) (12:00) |

**SLIDE SHUFFLE BACK (L,R,L) 2 L HIP BUMPS, SLIDE SHUFFLE BACK (R,L,R) 2 R HIP BUMPS**

| | |
|---|---|
| 17&18 | Step L back (17), drag R back next to L (&), Step L back (18), L takes weight |
| 19, 20 | With R toe slightly forward, bump L hip slightly back twice (19, 20) |
| 21 & 22 | Step R back (21), Drag L back next to R (&), Step R back (18), R takes weight |
| 23, 24 | With L toe slightly forward , bump R hip slightly back twice (23, 24) (12:00) |

**3 HEEL POPS WHILE TURING ¼ TURN R, 2 L HIP BUMPS, BUMP HIPS R, L, R, L,L**

| | |
|---|---|
| 25 & 26 | With weight even, slightly pop heels three times while turning ¼ turn R (25 & 26) |
| 27, 28 | Bump L hip twice to L(27, 28) |
| 29 & 30 | With weight even, bump hips R (29),L(&),R(30) |
| 31, 32 | Bump L hip twice to L, L takes weight (3:00) |

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