

Shake It Off

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Elliott Mar (USA) - August 2014
音乐: Shake It Off - Taylor Swift



WALKING BOX STEP

1, 2 Step R to right side, Touch L next to right
3, 4 Step back L, Step R next to left
5, 6 Step L to left side, Step R next to left
7, 8 Step forward L, Touch R next to left

HEEL, HITCH, STEP, TOUCH, ¼ TURN CHARLESTON

1, 2 Touch R heel forward, Hitch R knee
3, 4 Cross step R behind L, Touch L to left side
5, 6 ¼ turn to right (3:00) and Step L forward, Kick R forward
7, 8 Step R back, Touch L back

SIDE, TOUCH, SIDE, TOUCH

1, 2 Step L to left side, hold
3, 4 Cross touch R behind L, hold
5, 6 Step R to right side, hold
7, 8 Cross touch L behind R, hold

½ TURN, TOUCH, ½ TURN, TOUCH

1, 2 Step L forward, ½ turn to right (9:00)
3, 4 Touch R back, hold
5, 6 Step R forward, ½ turn to left (3:00)
7, 8 Touch L back, hold

TOE STRUTTS

1, 2 Step forward L (on ball of foot), drop left heel
3, 4 Step forward R (on ball of foot), drop right heel
5, 6 Step forward L (on ball of foot), drop left heel
7, 8 Step forward R (on ball of foot), drop right heel

**** Wall 7: Restart dance here from the beginning**

GRAPEVINE LEFT, GRAPEVINE RIGHT WITH TURN

1, 2 Step L to left side, cross Step R behind left
3, 4 Step L to left side, Touch R next to left
5, 6 Step R to right side, cross Step L behind right
7, 8 ¼ turn R (6:00) step R forward, Step L next to right (weight on both feet)

TOE SWIVELS

1, 2 Swivel heels to right (weight on heels), swivel toes to right (weight on toes)
3, 4 Swivel heels to right (weight on heels), swivel toes to right (weight on heels)
5, 6 Swivel toes to left (weight on toes), swivel heels to left (weight on heels)
7, 8 Swivel toes to left (weight on toes), swivel heels to left (weight on left foot)

TOUCH SIDE, TOGETHER, TOUCH SIDE, TOGETHER, TOUCH FRONT, TOGETHER, TOUCH FRONT, TOGETHER

1, 2 Touch R to right side, Step R next to left
3, 4 Touch L to left side, Step L next to right

5, 6 Touch R heel forward, Step R next to left
7, 8 Touch L heel forward, Step L next to right

REPEAT

Step Sheet by Kerry Kick (www.kerrykick.com)

See the video and subscribe to Elliott's Channel (<http://www.youtube.com/user/FutureSexLoveChannel>)
