

# 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](http://www.kerrykick.com))**

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

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