

Shake It Off People

COPPER **KNOB**
BY STEPHEN METZ

拍数: 96 墙数: 2 级数: Phrased Intermediate Pop
编舞者: Sobrielo Philip Gene (SG) - August 2014
音乐: Shake It Off - Taylor Swift



Sequence: A (12:00), B(6:00), A(12:00), A(6:00), B(12:00), A(6:00), A(12:00), B-(6:00), TAG,(12:00),
A(12:00),A(6:00)
Intro 16 counts

Part A – 64 counts

STEP TOUCH, STEP KICK, WEAVE

1-2 Step right to right(1), touch left beside right(2)
3-4 step left to left(3), kick right forward diagonally right(4)
5-8 Step right behind left(5), step left to left (6), cross right over left(7), step left to left(8)(12:00)

*1/4 TURN ROCK BACK RECOVER, STEP, STEP FORWARD, TWIST, KICK

1-2 Turning 1/4 right, rock right back(1), recover weight onto left(2)
3-4 Step right forward (3), step left in front of right(4)(3:00)
5-6 Twist heels to left(5), twist heels to right
7-8 Twist heels to centre, making sure weight ends on left(7), kick right forward(8)(3:00)

JAZZ BOX 1/4, JAZZ BOX 1/4

1-4 Cross right over left(1), step left back (2), making 1/4 right step right to right (3), step left
 beside right (4)(6:00)
5-8 Cross right over left(5), step left back (6), making 1/4 right step right to right (7), step left
 beside right (8)(9:00)

POINT CROSS, POINT CROSS, ROCK RECOVER, 1/4 STEP CROSS

1-2 Point right to right (1) Cross right in front of left(2), ,
3-4 Point left to left(3)Cross left in front of right(4),
5-6 Rock right forward(5), recover weight onto left(6)
7-8 Making 1/4 right step right to right(7), cross left over right(8)(12:00)

SIDE ROCK BACK ROCK, PADDLE/HIP ROLLS 1/4 TURN,

1-2 Rock right to right(1), recover weight onto left(2)
3-4 Rock right back(3), recover weight onto left(4)
5-8 Do 2 1/8 paddle turns or anti-clockwise hip rolls making a 1/4 turn left (9:00) (weight on left)
(2 counts each)

FORWARD ROCK SIDE ROCK, PADDLE/HIP ROLLS 1/4 TURN

1-2 Rock right forward(1), recover weight onto left(2)
3-4 Rock right to right(3), recover weight onto left(4)
7-8 Do 2 1/8 paddle turns or anti-clockwise hip rolls making a 1/4 turn left(6:00) (weight on left)(2
 counts each)

WALKS FORWARD KICK, WALKS BACK STEP

1-4 Walk forward R L,R (1-3), kick L forward (4)
5-8 Walk back L,R,(5-6), step left back to left (7)step right to right(8)
(feet apart)(6:00)

HIP BUMPS, JUMP FORWARD, HOLD, DUST

1-2 Bump hips to the right twice(1-2)
3-4 Bump hips to the left twice(3-4)

&5-6 Jump forward right(&), Step left slightly to left(5), hold (6)
7-8 Using right hand dust left shoulder(7),using left hand dust right shoulder(8)

Part B – 32 counts

DIAGONAL STEP HEEL TOUCHES

1-2 Step right diagonally forward to right(1),Touch left heel beside right(2)
3-4 Step left diagonally forward to left(3), Touch right heel beside left(4)
5-6 Step right diagonally forward to right(5),Touch left heel beside right(6)
7-8 Step left diagonally forward to left(7), Touch right heel beside left(8)

ROCKING CHAIR, PIVOT 1/2, STOMPS

1-4 Rock right forward (1), recover weight onto left (2), Rock right back (3), recover weight onto left (4)
5-6 Step right forward(5), pivot 1/2 left (6)(weight on left)
7-8 Stomp right beside left twice (7-8)(weight on left)

SIDE CROSS SIDE KICK(R),SIDE CROSS SIDE KICK(L),

1-4 Step right to right(1), cross left over right(2), step right to right(3), kick left diagonally to left(4)
5-8 Step left to left(5), cross right over left(6), step left to left (7), kick right diagonally to right (8)

BACK ROCK, STEP FORWARD SIDE, TWIST, CLAP(3x)

1-2 Rock right back (1), recover weight onto left (2),
3-4 Step right forward to right(3), step left to left(4),
5-8 Twist heels to left bringing right heel up (5) clap 3 times(6-8)

TAG: Do up to Count 29 of B.

After the twist, shimmy or shake shoulders to hit the accents for the words "Shake, Shake, Shake"(6-8). Hold for 4 counts(1-4), point right to right(5) and clap (6-8).

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