

Shake It Off Swiftly

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Annemaree Sleeth (AUS) - September 2014
音乐: Shake It Off - Taylor Swift : (Album: Deluxe Album - iTunes)



#16 count intro 14 sec (Start on word "I STAY ") Dance Moves CCW

Sec 1: 1-8 HEEL, HOOK, HEEL, TOG, x 2 or heel touch heel together for a more basic dance

1-4 Tap R heel fwd 45, Hook R foot across shin. Tap R heel fwd 45, step on R beside L
5-8 Tap L heel fwd 45, Hook L foot across shin. Tap L heel fwd 45, step on L beside R

Sec 2: 9-16 BACK 3 , TOUCH , FORWARD TOG, FORWARD, TOUCH

1-4 Step R back, step L back, step R back, touch L tog,
5-8 Step L fwd, step R tog, step L fwd, touch R beside L

Sec 3: 17-24 VINE R, HOOK SLAP, STEP, HOOK SLAP, STEP HOOK SLAP (or touch on hooks for a more basic dance)

1-4 Step R side, cross L behind R , step R side , hook L behind R,
(for styling steps using alternate hands to slap on all hook steps)
5-8 Step L side , hook R behind L , step R side, hook L behind R

Sec 4: 25-32 VINE L ¼ , HOOK SLAP, STEP, HOOK SLAP, STEP TOUCH

1-4 Step L side cross R behind, L ¼ L side, hook R behind L
5-8 Step R side, hook L behind R, step L side, touch R beside L

*8 COUNT TAG end of wall 13 facing (9.00)

No music 4 beats then she sings "yeah Oh oh oh " 4 beats
so just shake your body go nuts here □ for 8 counts (weight ends on L)
Restart from beginning

ENDING TURN Step ½ pivot front at end of dance
Note to make the dance easier the hooks can be touch behinds or beside

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