

Saku Shake

拍數: 32 牆數: 4 級數: Improver
編舞者: Darren Bailey (UK) - September 2014
音樂: Moviendo Caderas (feat. Daddy Yankee) - Yandel



Rocks x3 (R,L,F), 1/4 turn L Rock, Flick.

1-2 Rock Rf to R side, Bring Rf back in and place weight on Rf
3-4 Rock Lf to L side, Bring Lf back in and place weight on Lf
5-6 Rock forward on Rf, Bring Rf back in and place weight on Rf
7-8 Make a 1/4 turn L and rock Lfto L side, recover onto Rf and flick up Lf

Cross Samba, Jazz Box 1/4 turn R, Hips Rolls or Shake.

1&2 Cross Lf over Rf, Rock Rf to R side, recover onto Lf
3-4 Cross Rf over Lf, make a 1/4 R and step back on Lf
5 Step Rf to R side and roll hips anti clockwise
6-7 Roll hips anti clockwise x2
8 Close Lf next to Rf

(Restart here on wall 9 Facing 12:00)

Diagonal Shuffles x2 (R,L), 1/2 turn R Diagonal Shuffles x2 (R,L)

1&2 Step Rf to R diagonal, close Lf next to Rf, step Rf to R diagonal
3&4 Step Lf to L diagonal, close Rf next to Lf, step Lf to L diagonal
5&6 Make a 1/2 turn R and step Rf to R diagonal, close Lf next to Rf, step Rf to R diagonal
7&8 Step Lf to L diagonal, close Rf next to Lf, step Lf to L diagonal

(Arms..Push both hands up on R Shuffles, Pump R hand across on L Shuffles)

Jazz Box 1/4 turn R, 1/2 Pivot Turn L x 2.

1-2 Cross Rf over Lf, step back on Lf pushing hips back
3-4 Make a 1/4 turn R and step Rf to R side, step forward on Lf
5-6 Step forward on Rf, make a 1/2 pivot turn L
7-8 Step forward on Rf, make a 1/2 pivot turn L

Enjoy.

Last Update – 19th Sept 2014