

Shake Your Stuff!

拍數: 64 牆數: 2 級數: Phrased Intermediate
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音樂: Shake It Off - Taylor Swift : (iTunes)



INTRO: 16 counts

Pattern: AA AB BA AA BB BAA..TAG..BBB

A: 32 COUNTS

A1: KICK, TOUCH, KICK, STEP, KICK, TOUCH, KICK, STEP

1-2 Kick right foot forw, Touch right next to left
3-4 Kick right foot forw, Step right next to left
5-6 Kick left foot forw, Touch left next to right
7-8 Kick left foot forw, Step left next to right

A2: RIGHT ROCKING CHAIR, STEP ½ TURN L, STEP ¼ TURN L

1-2 Rock forw on right, Recover onto left
3-4 Rock back on right, Recover onto left
5-6 Step right forw, ½ turn left (weight on L) (6)
7-8 Step right forw, ¼ turn left (weight on L) (3)

A3: SYNCOPATED WEAVE, SIDE, KICK L TWICE, ROCK RECOVER

1-2& Right to right side, Step left behind right, Right to right side
3-4 Cross left over right, Right to right side
5-6 Kick left foot forw twice
7-8 Step left foot back, Recover onto right

A4: STEP, ¼ TURN R, CROSS, HOLD, SIDE TOE STRUT

1-2 Step left forward, ¼ turn right (weight on right) (6)
3-4 Cross left over right, hold
5-6 Touch right toe to right side, step down on right and snap your fingers
7-8 Touch left toe across right, step down on left and snap your fingers

B: 32 COUNTS

B1: STOMP RIGHT, TWIST HEEL & TOE, SIDE TOUCH, KICK, TOUCH

1-2 Stomp right diagonal forw to right, Twist left heel to right
3-4 Twist left toe to right, Touch left next to right (weight on right)
5-6 Touch left to left side, Touch left beside right
7-8 Kick left forw, Touch left beside right

B2: STOMP LEFT, TWIST HEEL & TOE, SIDE TOUCH, KICK, TOUCH

1-2 Stomp left diagonal forw to left, Twist right heel to left
3-4 Twist left toe to left, Touch right next to left (weight on left)
5-6 Touch right to right side, Touch right beside left
7-8 Kick right forw, Touch right beside left

B3: SHIMMY TO RIGHT, SHIMMY TO LEFT

1-4 Take one step to right & shimmy your shoulders to right
5-8 Shimmy your shoulders to left

B4: BRUSH OFF SHOULDERS, STEP, ½ TURN L, PUSH PALMS FORWARD & BUTT BACK, BACK TO NORMAL

1-2 With right hand brush off your left shoulder x 2 (leaning to right)

3-4 With left hand brush off your right shoulder x2 (leaning to left)
5-6 Step right forward, ½ turn left (weight on left)
7-8 Push palms forward & your butt out, palms down & butt back

TAG: 1-6 Cross right over left, unwind full turn (keep weight on left) (start dance part B when beat hits again)

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