

Shake It Mamma

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Low Intermediate
編舞者: Wil Bos (NL) - November 2014
音樂: Shake It Mamma (feat. Antonia) (Radio Edit) - Tom Boxer : (Album: Megahits
2011 Vol. 01, CD 1)



Intro 32 counts

Out Out, In In, Heel Ball Step, Step Pivot ½ Left

1-4 RF step right forward (out), LF step side (out), RF step back to centre, LF step beside
5&6 RF dig heel forward, RF step beside on ball foot, LF step forward
7-8 RF step forward, R+L ½ turn left [6]

Out Out, In In, Skate R L, Shuffle Fwd

1-4 RF step right forward (out), LF step side (out), RF step back to centre, LF step beside
5-7&8 RF skate forward, LF skate forward, RF step forward, LF step beside, RF step forward [6]

Rock Fwd Recover, Full Triple Turn L, ¼ R Jazz Box Cross

1-2 LF rock forward, RF recover
3&4 LF ½ left and step in place, RF step beside, LF ½ left and step in place
5-8 RF cross over, LF ¼ right and step back, RF step side, LF cross over [9]

Point & Point & Point Hook, Shuffle Fwd, Rock Fwd Recover

1&2& RF point side, RF step beside, LF point side, LF step beside
3-4 RF point side, RF ¼ right and hook across
5&6 RF step forward, LF step beside, RF step forward
7-8 LF rock forward, RF recover [12] *tag + restart 3rd wall

Coaster Step, Rock Fwd Recover, Full Turn R, ¼ R Chassé

1&2 LF step back, RF close, LF step forward
3-4 RF rock forward, LF recover
5-6 RF ½ right and step forward, LF ½ right and step back
7&8 RF ¼ right and step side, LF close, RF step side [3]

Jazz Box ¼ L, Jazz Box ¼ L Touch

1-4 LF cross over, RF ¼ left and step back, LF step side, RF step forward
5-8 LF cross over, RF ¼ left and step back, LF step side, RF touch beside [9]

Rolling Vine Touch, Chassé L, Rock Back Recover

1-2 RF ¼ right and step forward, LF ½ right and step back
3-4 RF ¼ right and step side, LF touch beside
5&6 LF step side, RF close, LF step side
7-8 RF rock back, LF recover [9] *restart 6th wall

Touch Fwd With Hip Bump x2, Step Pivot ½ L x2

1-2 RF touch right diagonal forward with hips forward, RF step beside
3-4 LF touch left diagonal forward with hips forward, LF step beside
5-8 RF step forward, R+L ½ turn left, RF step forward, R+L ½ turn left [9]

Start again

Tag + Restart

Dance the 3rd wall up to and including count 32 (count 8 of the 4th section), add::

1&2 LF step back, RF close, LF step forward

&3&4 RF jump right forward, LF touch beside, LF jump left forward, RF touch beside, and start again

Restart: Dance the 6th wall up to and including count 56 (count 8 of the 7th section) and start again

Note: During the 6th wall the beat falls off; don't slow down!!!!!!, keep dancing at the same rate.

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