

# Shake It Mamma

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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