Shake It For Me....



編舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - September 2014

音樂: Shake - MercyMe



Starts on Vocal (32 Counts)

Sequence... 64 48 48 64 64 32 64 64 48

Left Strut, Right Strut, Mambo Step, Hitch.

Touch Left toe forward, drop Left heel taking weight.
Touch Right toe forward, drop Right heel taking weight.
Rock forward on Left, recover on Right.

5-6 Rock forward on Left, recover on Right.7-8 Step back on Left, hitch Right knee.

Coaster Step, Brush, Left Lock Step.

1-2 Step back on Right, step Left next to Right,
3-4 Step forward on Right, brush Left past.
5-6 Step forward on Left, lock Right behind Left.

7-8 Step forward on Left, Hold.

Right Strut, Left Strut, Mambo Step, Hitch.

1-2 Touch Right toe forward, drop Right heel taking weight.
3-4 Touch Left toe forward, drop Left heel taking weight.
5-6 Rock forward on Right, recover on Left.
7-8 Step back on Right, hitch Left knee.

Coaster Step, Hold, 1/4 Cross Shuffle.

1-2 Step back on Left, step Right next to Left.

3-4 Step forward on Left, Hold

5-6 Make 1/4 turn to Right cross stepping Right over Left, step Left to Left side. (3:00)

7-8 Cross step Right over Left, Hold. *R**

Side, Touch, Side, Touch, Side Together Side, Touch.

Step Left to Left side, touch Right next to Left.
Step Right to Right side, touch Left next to Right.
Step Left to Left side, step Right next to Left.
Step Left to Left side, touch Right next to Left.

1/4 Right Strut, Left Strut. Mambo Step.

1-2 Make 1/4 turn to Right touching Right toe forward, drop Right heel taking weight. (6:00)

3-4 Touch Left toe forward, drop Left heel taking weight.

5-6 Rock forward on Right, recover on Left.

7-8 Step Right next to Left, Hold. *R*

Side Together Forward, Side Together Back.

1-2 Step Left to Left side, step Right next to Left.

3-4 Step forward on Left, Hold.

5-6 Step Right to Right side, step Left next to Right.

7-8 Step back on Right, Hold.

Coaster Step, Run, Run, Run.

1-2 Step back on Left, step Right next to Left.

3-4 Step forward on Left, Hold.

R □Restart 1... Walls 2 & 3
Dance Up To & Including Count 48... Then Restart From Beginning

*R**□Restart & Change... Wall 6

Dance Up To & Including Count 28... Then Change 29-32 To Right Shuffle Forward.. Hold.. Then Restart From Beginning.