

Just Shake

拍數: 72 牆數: 2 級數: Intermediate / Advanced
編舞者: Maria Maag (DK) - November 2014
音樂: Shake That Rhythm - Frank Lauridsen : (Album: How it feels to be Frank Lauridsen - 4:02)



Sequence: B, A, B, A, A 40 & counts, B, A, A, B, B 5 counts
Intro: 16 counts from first beat

Restart: After 40 counts of the 3rd part A (facing 6:00) step fw. L on the & count, then Restart dance with part B

Ending: □ After 5 counts of the last B (facing 6:00) make a ½ turn R on L on count 6...The End □

Part A

[1 – 8] □ Walk walk, sailor step ¼ R, roll knee L+R, cross side together flick R □

1-2 Walk fw. R (1), walk fw. L (2) □ 12:00
3&4 Cross R behind L (3), turn ¼ R stepping L to side (&), step R to side as you roll your R knee from L to R 03:00
5-6 Roll L knee and step out L (5), roll R knee and step out R (6) □ 03:00
7&8 Cross L over R (7), step R to side (&), step L next to R and flick R (8) 03:00

[9 – 16] □ Weave L, behind side cross, rock L to side recover ¼ L, coaster step back L □

1-2 Cross R over L (1), step L to side (2) □ 03:00
3&4 Cross R behind L (3), step L to side (&), cross R over L (4) □ 03:00
5-6 Rock L to side (5), recover R and turn ¼ L (6) □ 12:00
7&8 Step back L (7), step R next to L (&), step fw. L (8) □ 12:00

[17 – 24] □ Step fw. R roll hip ccw ¼ L. touch L, ¼ ¼ R cross L, rock R to side, recover L, cross R ¼ R back lockstep L □

1-2 Step fw. R and do a hip roll from L to R as you make a ¼ turn L (1) touch L (2) □ 09:00
3&4 Turn ¼ R stepping back L (3), turn ¼ R stepping R to side (&), cross L over R (4) 03:00
5-6 Rock R to side (5), recover L (6) □ 03:00
7&8& Cross R over L (7), turn ¼ R stepping L (&), cross R over L (8), step back L (&) 06:00

[25 – 32] □ ¼ R stepping R to side point L to L, triple ½ L, ½ turn R, walk L walk R, out out L+R, step L next to R □

1-2 Turn ¼ R stepping R to side (1), point L to side (2) (prep R) □ 09:00
3&4 Turn ¼ L stepping down L (3), step R next to L (&), turn ¼ L stepping fw. L (4) 03:00
5-6 ½ turn R stepping fw. R (5), walk fw. L (6) □ 09:00
7&8& Walk fw. R (7), step out L (&), step out R (8), step L next to R (&) □ 09:00

[33 - 40] □ Heel grind R step L to L, behind side cross, side rock back rock, side step L spiral ¾ R, step fw. R □

1-2 Cross R over L (1) step L to side as you grind R heel R (2) □ 09:00
3&4 Cross R behind L (3), step L to L side (&), cross R over L (4) □ 09:00
5&6& Rock L to side (5), recover R (&), rock back L (6), recover R (&) □ 09:00
7-8 Step L to side and do a spiral turn ¾ R (7) step down R (8) □ 06:00

[41 – 48] □ Rock fw. L recover R, coaster step back L. step ½ turn L, triple full turn L □

1-2 Rock fw. L (option: body roll) (1), recover R (2) □ 06:00
3&4 Step back L (3), step R next to L (&), step fw. L (4) □ 06:00
5-6 Step fw. R (5), make a ½ turn L stepping down L (6) □ 12:00
7&8 Make a ½ turn L stepping back R (7), make a ½ turn L stepping fw. L (&), step fw. R (8) 12:00

[49 – 56] □ Step fw. L ½ turn R, rocking chair L, step diagonally fw. L touch R, step diagonally fw. R. touch L, step fw. L, kick ball R step L □

1-2 Step fw. L (1), make a ½ turn R stepping fw. R (2) □ 06:00

3&4& Rock fw. L (3), recover R (&), rock back L (4), recover R (&) □ 06:00

5&6& Step L diagonally fw. L (5), touch R next to L (&), step R diagonally fw. R (6), touch L next to R (&) 06:00

7&8& Step fw. L (7), kick R fw. (&), step R next to L (8), step fw. L (&) □ 06:00

Part B

[1 – 8] □ Hip bump R fw. And ¼ L, sailor step ¼ L, step dip/roll hip fw. Rocking chair □

1&2 Touch fw. R and bump R hip fw. (1), recover L (&), turn ¼ L and bump R hip R (2) 09:00

3&4 Cross L behind R (3), turn ¼ L stepping down R (&), step fw. L (4) □ 06:00

5&6 Place R foot fw. (5), dip and roll hips fw. (&), step down R (6) □ 06:00

7&8& Rock fw. L (7), recover R (&), rock back L (8), recover R (&) □ 06:00

[9 – 16] □ Repeat count 1-8 with L foot leading □

1&2 Touch fw. L and bump L hip fw. (1), recover R (&), turn ¼ R and bump L hip L (2) 09:00

3&4 Cross R behind L (3), turn ¼ R stepping down L (&), step fw. R (4) □ 12:00

5&6 Place L foot fw. (5), dip and roll hips fw. (&), step down L (6) □ 12:00

7&8& Rock fw. R (7), recover L (&), rock back R (8), recover L (&) □ 12:00

Enjoy

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