

Shake It Off (通通甩掉) (zh)

COPPER KNOB
STEPSHEETS

拍數: 32
編舞者: Ingrid Kan (TW) - 2015年01月
音樂: Shake It Off - Taylor Swift

牆數: 4

級數: Easy Intermediate



[1-8] Toe Strut, Step Turn 1/2, Toe Strut, Step Turn L 1/4

- 1-2 RF touch toes in front, RF take weight
- 3-4 LF forward, 1/2 turn right on LF and step forward onto RF
- 5-6 LF touch toes in front, LF take weight
- 7-8 1/4 turn left and step on LF,
- 1-4 右足趾前點, 右足踵踏重心在右足, 左足前踏右轉1/2圈
- 5-8 左足趾前點, 左足踵踏重心在左足, 右足前踏左轉1/4圈

[9-16] Jazz Box, L Step, R touch together, R Step, L touch together

- 1-4 Step R across L, Step L back, Step R to R side, Touch L together
- 5-6 Step L to left side, touch R together
- 7-8 Step R to right side, touch L together
- 1-4 右足於左足前交叉踏, 左足後踏, 右足右踏, 左足點在右足旁
- 5-6 左足左踏, 右足併點
- 7-8 右足右踏, 左足併點

[17-24] L Vine R Brush, R Step L Together x2

- 1-4 Step L to side, cross step R behind L, Step L to side, Brush RF
- 5-8 Step R to side, cross step L behind R, Step R to side, Step LF Together
- 1-4 左足側踏, 右足後踏, 左足側踏, 右足擦地
- 5-8 右足側踏, 左足併踏, 右足側踏, 左足併踏

[25-32] Walk Back, Right, Left, Coaster Step Together, Side Rock, Recover

- 1-2 Step right back, Step left back,
- 3-6 Step right back, Step left together, Step right forward. Step L
- 7-8 Rock to Right side, Recover on Left
- 1-2 右足後踏左足後踏
- 3-6 右足後踏左足併, 右足前踏左足併
- 7-8 右足右側搖擺, 左足左側搖擺

Tag : (on the end of wall 13) Sway 4 counts & Hold
第13面結束加4拍 右足右側搖擺, 左足左側搖擺2次 停拍