

Shake It

拍數: 32 牆數: 4 級數: Beginner
編舞者: Sue Smyth (UK) - February 2015
音樂: The Shake - Neal McCoy



#16 count intro after heavy beat

*2 very easy box Tags on 12 o'clock

SEC 1: □ SWIVEL LEFT, RIGHT, LEFT CLAP, TRAVELLING LEFT, SWIVEL RIGHT, LEFT, RIGHT CLAP TRAVELLING RIGHT.

1-2 Swivel Heels Left, Swivel Toes Left
3-4 Swivel Heels Left, Clap
5-6 Swivel Heels Right, Swivel Toes Right
7-8 Swivel Heels Right, Clap

SEC 2: □ LEFT LOCK LEFT SCUFF, RIGHT LOCK RIGHT SCUFF

1-2 Step Fwd On Left, Lock Right Behind Left,
3-4 Step Fwd On Left, Scuff Right Foot Fwd
5-6 Step Fwd On Right, Lock Left Behind Right
7-8 Step Fwd On Right, Scuff Left Foot Fwd

SEC 3: □ STEP PIVOT ¼ TURN RIGHT, STOMP LEFT, KICK LEFT, WALK BACK ON L R L, STOMP R

1-2 Step Fwd On Left, Pivot ¼ Turn Right, Placing Weight On Right
3-4 Stomp Left Foot Beside Right, Kick Left Foot Fwd
5-6 Walk Back On Left, Right,
7-8 Walk Back On Left, Stomp Right Beside Left

SEC 4: □ HIP SWAYS R L R L WALK FWD ON R L R STOMP LEFT BESIDE RIGHT

1-2 Sway Hips Right, Sway Hips Left. (You Can Use Your Feet To Swivel From Left To Right)
3-4 Sway Hips Right, Sway Hips Left,
5-6 Walk Fwd On Right, Left
7-8 Walk Fwd On Right, Stomp Left Beside Right.

Tag: At The End Of Wall 4 And 8 - Add An 8 Count Tag, Facing 12 O' Clock Both Times

RHUMBA BOX,

1-4 Step Left To Left Side, Step Right Together, Step Fwd On Left, Touch Right Beside Left
5-8 Step Right To Right Side, Step Left Beside Right, Step Back On Right, Stomp Left Beside Right

Enjoy and have fun with it.

Contact: boogiesas@yahoo.co.uk