

Shake It Off - Contra

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 0 級數: Improver Contra
編舞者: Inge Vestergård (DK) - May 2015
音樂: Shake It Off - Taylor Swift : (iTunes)



Intro: 16 count intro (6 sec. Into track). Start with weight on L foot, facing each other 2 & 2

S1: Wine R with ¼ Turn R, Scuff, Wine L with ¼ Turn L, Scuff

1 – 4 Step R to R side, Cross L behind R, turn ¼ R stepping fwd on R, Scuff L fwd.
5 – 8 Step L to L side, Cross R behind L, turn ¼ L stepping fwd on L, Scuff R fwd.

S2: R Rocking Chair, Step R Fwd, ¼ Turn L, Stomp R beside L, Clap (Now Facing Your Partner)

1 – 4 Rock R fwd, Recover L, Rock R back, Recover L.
5 – 8 Step fwd R, ¼ turn L weight end on L, Stomp R beside L, Clap both hands.

S3: 2 Clap Theighs, 2 Clap hands, Clap Hands with Your Partner

1 – 2 Clap Your Theighs Swinging your Arms back, Clap Your Theighs Swinging your Arms fwd.
3 – 4 Clap your Hands Twice.
5 – 6 Clap Your Partners R hand with your R Hand, Clap Your own hands.
7 – 8 Clap Your Partners L hand with your L Hand, Clap Your own hands.

S4: Diagonal Fwd R, Together, Diagonal Fwd R, Tap, Diagonal Fwd L, Together, Diagonal Fwd L, Tap,

1 – 4 Step diagonal fwd R, close L to R, Step diagonal fwd R, Tap L next to R.
5 – 8 Step diagonal fwd L, close R to L, Step diagonal fwd L, Tap R next to L.

*** Add Bridge here on wall 7. See below for info. ** Ending here on wall 9. See below for info**

S5: Wine R, (Option – Rolling Wine R) Twist L Heels – Feet – Heels, Hitch R To R Diagonal

1 – 4 Step R to R side, Cross L behind R, Step R to R side, Step L beside R.(option R Rolling Wine)
5 – 8 Twist both Heels L, Twist both Feet L, Twist both Heels L, Hitch R Knee facing R diagonal.

S6: Reverse Rocking Chair, Step ½ Turn To Diagonal (Now Facing Your Partner)

1 – 4 Rock back R, Recover L, Rock fwd R, Recover L,
5 – 8 Rock Back R, Recover L, Step R Fwd, ½ Pivot L – weight on L

S7: Make 1 1/8 Circle clockwise as You Hook Your R Arm with Your Partners R Arm (Facing Your Partner)

1 – 8 Cross in front of your partner and hook your R arms as you run 1 1/8 circle clockwise R-L-R-L-R-L-R-L.

(You will now be standing on the opposite place, as when you started the dance)

S8: Run Back R – L – R, Hold, L Coaster

1 – 4 Run back R – L – R, Hold
5 – 8 Step L back, Step R beside L, Step L fwd, Touch R beside L

*** Bridge after the diagonal on wall 7. Stand in place for 8 counts and shake your body, and then continue the dance.**

**** Ending after the diagonal on wall 9. Both makes ¼ turn to front stepping R to R side and everyone shakes there body on the last count.**

Contact: Inge Vestergård – mail: ingevestergaard56@gmail.com