

The Shake

拍數: 32 牆數: 2 級數: Easy Improver
編舞者: Marie Sørensen (TUR) & Sally Hung (TW) - September 2015
音樂: The Shake - Neal McCoy : (Album: Mr. Music 9-99)



Intro: 16 Counts

S1. ROCKIN CHAIR, STEP ½ TURN, STEP, HOLD

1-2 Rock fwd. on right, recover
3-4 Back rock right, recover
5-6 Step fwd. on right, ½ turn left
7-8 Step fwd. on right, hold (06:00)

S2. 1/4 TURN LEFT, TOUCH, 1/4 TURN RIGHT, TOGETHER, 1/4 TURN RIGHT, TOUCH, 1/4 TURN LEFT, TOUCH

1-2 1/4 turn left, step left to the left side, touch right beside left (03:00)
3-4 1/4 turn right, step right to the right side, step left next to right (Weight on left) (06:00)
5-6 1/4 turn right, step right to the right side, touch left beside right (09:00)
7-8 1/4 turn left, step left to the left side, touch right beside left (Weight on right) (06:00)

S3. OUT, OUT, IN, IN, STEP RIGHT WITH HIP BUMP RIGHT X2, STEP LEFT WITH HIP BUMP LEFT X2

1-2 Jump out forward right, jump out forward left (feet shoulder with apart)
3-4 Jump in back right, jump in back left (feet together)
5-6 Step right to the right and bump hip to the right x2
7-8 Step left to the left and bump hip to the left x2 (06:00)

S4. HEEL TOE SWIVEL (X3), HITCH, HEEL TOE SWIVEL (X3), HITCH

1-2 Swivel heels right, swivel toes right
3-4 Swivel heels right, hitch left
5-6 Swivel heels left, swivel toes left
7-8 Swivel heels left, hitch right (06:00)

TAGS:-

After wall 4 - 8 counts tag - Facing - 12:00

After wall 8 - 8 counts tag - Facing - 12:00

Both Tags are the same

JAZZ BOX CROSS TWICE

1-2 Cross right over left, step back on left
3-4 Step right next to left, cross left over right
5-6 Cross right over left, step back on left
7-8 Step right next to left, cross left over right

Have Fun!

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