

# Shake The Room (aka Dance'n'Smile)

## (震撼全場) (zh)

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Diane Lee (UK) & Stacie Head (UK) - 2008年10月  
音樂: Boom! Shake the Room - DJ Jazzy Jeff & The Fresh Prince : (CD: Various 80's compilations)



前奏 : Count In: 16 Counts 16拍後起跳

- 第一段**      **Side Stomp, Hold, Sailor Step. Together. Side Stomp, Hold, Sailor Step** 側重踏, 候, 水手步, 併, 側重踏, 候, 水手步
- 1 - 2      Stomp right to right side, HOLD 右足右重踏, 候
- 3 & 4      Left sailor step – step left behind right, step right to right side, step left in place 左水手步-左足於右足後踏, 右足右踏, 左足踏
- & 5 – 6      Step right next to left (&), Stomp left to left side (5). HOLD (6)  
右足併踏, 左足左重踏, 候
- 7 & 8      Right sailor step – step right behind left, step left to left side, step right in place 右水手步-右足於左足後踏, 左足左踏, 右足踏
- Styling      on the two HOLD steps, you can bounce the knees for a little “hip-hop” attitude 候時, 像Hip-hop舞步雙膝略為彈跳
- 第二段**      **Left Rock Recover, Left coaster step , Walk x2, Rock Recover ¼**  
左下沉回復, 左水手步, 走二次, 下沉回復轉1/4
- 1 - 2      Rock forward on the left, Recover weight back on right  
左足前下沉, 右足後回復
- 3 & 4      Left coaster step – Step back on left, step right next to left, step forward left 左海岸步-左足後踏, 右足併踏, 左足前踏
- 5 – 6      Walk forward right, left 前走步-右, 左
- 7 & 8      Rock forward on the right, Recover weight back onto the left, Make ¼ right stepping right to right side  
右足前下沉, 左足後回復, 右轉90度右足右踏
- 第三段**      **Left Rocks Forward & Side & Coaster Step. Mirror on the Right**  
左前下沉 & 側 & 海岸步, 右同動作
- 1 & 2 &      Rock forward left, Recover weight back onto right, Rock left to left side, Recover weight back onto right  
左足前下沉, 右足回復, 左足左下沉, 右足回復
- 3 & 4      Left coaster step – Step back on left, step right next to left, step forward left 左海岸步-左足後踏, 右足併踏, 左足前踏
- 5 & 6 &      Rock forward right, Recover weight back onto left, Rock right to right side, Recover weight back onto left  
右足前下沉, 左足回復, 右足右下沉, 左足回復
- 7 & 8      Right coaster step – Step back on right, step left next to right, step forward right 右海岸步-右足後踏, 左足併踏, 右足前踏
- 第四段**      **¼ Right Hip Push, ¼ Right Hip Push, Step ½ Pivot**  
右轉9/4推臀, 右轉1/4推臀, 踏轉1/2

- 1 & 2 Turn  $\frac{1}{4}$  right touching left toe to left side and push/bump left hip left, right, left 右轉90度左足趾左點推臀-左, 右, 左
- 3 & 4 Turn  $\frac{1}{4}$  right touching right toe forwards and push/bump right hip forward, back forward 右轉90度右足趾前點推臀-前, 後, 前
- 5 – 6 Step forward left,  $\frac{1}{2}$  pivot right (weight ends right)  
左足前踏, 右轉180度(重心在右足)
- 7 & 8 Step forward left, make  $\frac{1}{4}$  pivot right (weight ends right), Stomp left next to right 左足前踏, 右轉90度(重心在右足), 左足併重踏
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