

Shake It Down!

拍數: 32 牆數: 4 級數: Improver - Hip Hop
編舞者: Elke Kunze (DE) - January 2016
音樂: In My Head - Jason Derulo : (one Restart)



Alt. Music: "Shake That" by Eminem feat. Nat Doog, 107 bpm,

No Tag No Restart, Fade The Music On 3:16,

-----Thanks to my Monday Group for finding the title-----

[1-8] Walk fwd 2, Touch, Step Back, Jump Back, Jump Back, Coaster Step

1-2 Step R forward, step L forward
3-4 Touch right back behind left, step right back
5-6 Sweeping jump left back, sweeping jump right back (upper body bent a little forward)
7&8 Step left back, step right together left, step left slightly diag. forward- 12:00

[9-16] Out Out, Swivel ¼ Right Left Right, Cross Side, Sailor Step

1-2 Step right to right slightly forward, step left to left (out-out position)
3&4 Swivel feet+body ¼ right, ¼ left, ¼ right, right arm is bent upwards fist closed - 3:00
5-6 Step left cross over right, step right to right
7&8 Step left behind right, step right next to left, step left to left

When using the music "In My Head" by Jason Derulo, restart here on wall 4 facing 12:00

[17-24] Cross, Back, Turn 1/2 right, Step Side, Cross Side, Hip Bumps, Rec. Hitch

1-2 Step right cross over left, step left back
3-4 1/2 turn right stepping forw. on right, step left to left (out-out) - 9:00
5&6&7 while leaning right-bump hip right, left, right, left, right and snap
8 Recover to left and right hitch

(Raise your arms bent at chest height, your elbows are pointing outwards, fists together inside out)

[25-32] Step ½ Turn Left, Coaster Step, Touches x 4 With Arms

1-2 Step right forward, step ½ turn left (weight right)
3&4 Coaster step – left-right-left - 3:00
5-6 Touch right forward, touch right to right, cross arms forw.-fingers pointing forw. palms down (5), arms stretched to side palms up (6)
7-8 Touch right forward, touch right together left, arms forw. & point index fingers forward, palms down (7), arms back on your body (8)

Repeat

Restart on wall 4 after 16 counts when using the music "In My Head"

Ending: When using the music "Shake That" after wall 11 count 30 like a ¼ Monterey turn right, left touch side and point index fingers forward - 12:00

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