

Shake It

拍數: 64 牆數: 2 級數: High Intermediate
編舞者: Pooi Kuan (MY) - October 2015
音樂: Shake It - SISTAR



Dance Start after 16 counts.

INTRO (32 counts) & TAG (32 counts) facing 12:00

Int-Section 1: □Sway Hip L,R,L,R, Sway Hip L,R,L,R, Hitch Step

1&2& Small jump feet apart (or Step RF to R) with sway hip L, R, L, R

(Swing Right Hand Up from L to R, Down from L to R)□

3&4& Small jump feet together (or step RF together LF) with sway hip L, R, L, R,

(Swing Right Hand Up from L to R, Down from L to R)

5&6& 1/4L Turn hitch right foot at the same time step on Left Foot, Step RF in place (9:00) Hitch
Right foot at the same time step on Left Foot, Step RF in place (11:00)

7& Hitch Right foot at the same time step on Left Foot, Step RF in place (1:00)

8 Hitch Right foot at the same time step on Left Foot (3:00)

(Note: 5&6&7&8 from Left side to Right side)

(Easy Option: 5&6&7&8 from Left side to middle)

Int-Section 2: □Sway Hip L,R,L,R, Sway Hip L,R,L,R, Hitch Step

1&2& Small jump feet apart (or step RF to R) with sway hip L, R, L, R, (12:00)

(Swing Right Hand Up from L to R, Down from L to R)□

3&4& Small jump feet together (or step LF together LF)with sway hip L, R, L, R,

(Swing Right Hand Up from L to R, Down from L to R)

5&6& 1/4R Turn hitch right foot at the same time step on Left Foot, Step RF in place (3:00) Hitch
Right foot at the same time step on Left Foot, Step RF in place (1:00)

7& Hitch Right foot at the same time step on Left Foot, Step RF in place (11:00)

8 Hitch Right foot at the same time step on Left Foot (9:00)

(Note: 5&6&7&8 from Right side to Left side)

(Easy Option: 5&6&7&8 from Right side to middle)

Int-Section 3:□Slide, Unwind, Step, Side Sit with Hip,

1 2 3 4 Slide RF to Right, Cross LF over RF, Unwind Right Full turn

5 6 & Step LF to L stand straight, Sit on L , change weight sit on R,

7 8 Stand straight, Sit on L

Int-Section 4: □Jazz Box Touch, Knee Pop

1 2 3 4 Cross RF over LF, Step LF Back, Step RF to R, Touch LF beside RF

5 6 7 8 Knee Pop on RF, LF, RF, LF

DANCE (64 counts)

Section 1: □Step Back, Together, Walk Walk, Cross Side, Sailor Step

1 2 3 4 Step LF Back, Step RF together LF, Step RF Forward, Step LF Forward

5 6 7&8 Cross LF over RF, Step RF to R, Step LF Back, Step RF together , Step LF to L

Section 2: □Cross, Side, Point Behind, Unwind, Touch 1/2R Turn

1 2 3 4 Cross RF over LF, Step LF to L, Point RF behind LF, Unwind ½ turn Right

5 6 7 8 Touch R Toe (6:00), Touch R Toe (5:00), Touch R Toe (4:00) Touch R Toe (3:00) facing
12:00

Section 3:□Kick Ball Touch 1/4L, Hip Bump, Kick Ball Touch, Hip Bump

1&2 3 4 Kick RF Forward, Step RF on ball, 1/4L Turn Touch LF Forward, Hip Bump twice

5&6 7 8 Kick LF Forward, Step LF on ball, Touch RF to Right, Hip Bump twice

Section 4: □Walk, Walk, Rock Recover ½ Turn, 1/4R Turn, Vine. Step Together

1 2 3&4 Walk On RF,LF, Step RF forward, Rock recover on LF, 1/2R Turn,
5 6 7 8 1/4R Turn Step LF to L, Step RF behind LF, Step LF to L, Step RF together LF

Section 5: □Sway 4 times, Knee pop 4 times

1 2 3 4 Sway Hip to L,R,L,R
5 6 7 8 Pop Knee on R,L,R,L

Section 6: □Sway 4 times, Knee pop 4 times

1 2 3 4 Sway Hip to L,R,L,R
5 6 7 8 Pop Knee on R,L,R,L

Section 7:□Right Hip Bump 4 times, Left Hip Bump 4 times

&1 2 3 4 Change weight on LF, Step RF to R as the same time bump Hip to Right 4 times
5 6 7 8 Small Step on LF as the same time bump Hip to Left 4 times

Section 8:□Hip Shake

1&2&3&4& Step RF together LF face diagonally (11:00)as the same time twist hip LRLRLRLR
5&6& Step RF Forward as the same time twist hip LRLR,
7&8& Step RF together LF as the same time twist hip LRLR

Ending:□□

1 2 3 4 Step RF to R with bend Right knee and both hands put on waist as the same time, Right
shoulder up, Left Shoulder up, Right shoulder up, Left Shoulder up,
5 6 7 8 Cross RF over LF, Unwind 1/2L, Cross RF over LF, Hold

INTRO □: Facing 12:00

TAG□: Dance after wall 4 facing 12:00

Ending□: Facing 6:00 after wall 5

~~~ Enjoy! ~~~□□

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