Shake, Baby Shake

拍數: 96   **牆數:** 2   **級數:** Phrased Improver
編舞者: Christine Steindl (AUT) - May 2016
音樂: Whole Lotta Shakin' Goin' On - Jerry Lee Lewis : (Album: The definitive Collection)

Music 2: Whole Lotta Shakin' by Heartbeat - Album: 'True Love' - 166 bpm

Intro: □2 x 8 counts
Sequence Music 1: □A - A - B - A - A - A(46)* - B - B - B
Sequence Music 2: □A - A - B - A - A - A(46)* - B - A(40) - Ending

Part A 48 counts

[1-8] S1 Touch-Ball-Change R - x2, Step R, Heel-Swivel R, Hold
1&2	Touch RF to R & Step on ball of RF, Step LF in place

(Easy option: 1,2 - Heel R, Close - Tap right Heel forward, Close RF next to L)
3&4	Touch RF to R & Step on ball of RF, Step LF in place

(Easy option: 3,4 - Heel L, Close - Tap left Heel forward, Close LF next to R)
5	Step RF forward
6,7,8	Swivel both heels R, Swivel both heels back to place (weight on L)

[9-16] S2 Touch-Ball-Change R - x2, Step R, Heel-Swivel R, Hold
1&2	Touch RF to R & Step on ball of RF, Step LF in place

(Easy option: 1,2 - Heel R, Close - Tap right Heel forward, Close RF next to L)
3&4	Touch RF to R & Step on ball of RF, Step LF in place

(Easy option: 3,4 - Heel L, Close - Tap left Heel forward, Close LF next to R)
5	Step RF forward
6,7,8	Swivel both heels R, Swivel both heels back to place (weight on L)

[17-24] S3 1/4-Monterey-Turn R - x2
1,2	RF point side, Pivot 1/4 turn right on LF stepping RF next to LF -□□03:00
3,4	LF point side, Step LF next to RF
5,6	RF point side, Pivot 1/4 turn right on LF stepping RF next to LF -□□06:00
7,8	LF point side, Step LF next to RF

[25-32] S4 Knee-Sways - x3, Side R, 1/2 Hip-Circle (CW) with Heel-Bounces
1,2,3	Bring R knee over L knee, Bring R knee back to R, Bring R knee over L knee

(RF should be off the floor, this will feel like fast kicks but more with the knee)
(Easy option: Hip-Sways - L, R, L)
4	Step RF to R
5,6,7,8	Semi-Circle your Hips back and to the left while lifting/dropping both heels up/down (weight L)

[33-40] S5 Side R, Hold, Back-Rock L, Side L, Hold, Back-Rock R
1,2	Step RF to R, Hold
3,4	Rock back on LF, Recover on to RF
5,6	Step LF to L, Hold
7,8	Rock back on RF, Recover on to LF

[41-48] S6 Rocking-Chair R, Boogie-Walks - 4x
(Whilst dancing the boogie walks shake hands out to the sides)
1,2	Rock forward on RF, Recover on to LF
3,4	Rock back on RF, Recover on to LF

| 5,6,7,8 | Boogie walks - stepping forward on balls of feet in a swivel action - R,L,R,L |

* Step-1/2-Turn L

| 7,8 | Step RF forward, Turn 1/2 left taking weight on LF □- 12:00 |

Part B 48 counts
(Part B always starts facing front wall - 12:00)

[1-8] S1 Step R and Shimmy fwd - 4x, Shimmy back - 4x 12:00
| 1,2,3,4 | Step RF forward and Shimmy your shoulders fwd |
| 5,6,7,8 | Recover weight to L and Shimmy your shoulders back |

[9-16] S2 Side R and Shimmy R - 4x, Shimmy L - 4x
| 1,2,3,4 | Step RF to R and Shimmy your shoulders to R |
| 5,6,7,8 | Recover weight to L and Shimmy your shoulders to L |

[17-24] S3 1/1 Hip-Circle (CW) with Heel-Bounces
(Hands at face level)
| 1,2,3,4,5,6,7,8 | Circle Hips clockwise while bouncing your heels according to the beat |

(Taking weight on L as you finish the circle)

[25-32] S4 Step-Kick - x4
1,2	Step RF to R, Kick LF diagonally to R
3,4	Step LF to L, Kick RF diagonally to L
5,6	Step RF to R, Kick LF diagonally to R
7,8	Step LF to L, Kick RF diagonally to L

[33-40] S5 Side R, Hold, Back-Rock L, Side L, Hold, Back-Rock R
1,2	Step RF to R, Hold
3,4	Rock back on LF, Recover on to RF
5,6	Step LF to L, Hold
7,8	Rock back on RF, Recover on to LF

[41-48] S6 Rocking-Chair R, Boogie-Walks - 4x
(Whilst dancing the boogie walks shake hands out to the sides)
1,2	Rock forward on RF, Recover on to LF
3,4	Rock back on RF, Recover on to LF
5,6,7,8	Boogie walks - stepping forward on balls of feet in a swivel action - R,L,R,L

Ending - only Music 2 - Section 6

Rocking-Chair R, Step-1/2-Turn L, Hip-Bumps R+L
1,2	Rock forward on RF, Recover on to LF
3,4	Rock back on RF, Recover on to LF
5,6	Step RF forward, Turn 1/2 left taking weight on LF 12:00
7,8	Bump Hip R, Bump Hip L

Enjoy and shake, baby shake!

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