

Shake It For Me

拍數: 32 牆數: 2 級數: Newcomer / Novice
編舞者: Celina Behrens (DE) - April 2016
音樂: Country Girl (Shake It for Me) - Luke Bryan



Starts after: 32 Counts

S1: Rumba Box, Coaster Step, Scuff, Step Lock Step

1&2& RF Step R, LF Step R next to RF, RF Step forward, LF Touch next to RF
3&4& LF Step L, RF Step L next to LF, LF Step back, RF Touch next to LF
5&6 RF Step back, LF Step back next to RF, RF Step forward
& LF Scuff forward
7&8 LF Step Forward, RF Lock behind LF, LF Step forward

S2: Step Turn, Step, ½ Turn 2x, Step, Heel Hook Heel Flick, Chasse R

1&2 RF Step forward, ½ pivot turn L, RF Step forward
3&4 ½ Turn L with Step back L, ½ Turn with Step forward R, LF Step forward (6:00)
&5&6 RF Touch heel forward, RF Hook over L shin, RF Touch heel forward, RF Flick R backwards
&7,8 RF Step R, LF Step next to RF, RF Step R

S3: Jazz Box 2x, Toe Strut ½ Turn 2x

1&2 LF Cross over RF, RF Step back, LF Step L
3&4 RF Cross over LF, LF Step back, RF Touch next to LF (6:00)
5,6 RF Step toe forward, drop heel down while turning ½ L (12:00)
7,8 Turn ½ with RF on Place with LF toe forward, drop heel down (6:00)

S4: Kick- Ball-Step 2x, Jazz Box

1&2 RF Kick forward, RF Step next to LF, LF Step forward
3&4 RF Kick forward, RF Step next to LF, LF Step forward
5,6,7,8 RF Cross over with Heel, LF Step back, RF Step R, LF Cross over RF
