Shake That Thing!



拍數: 64 牆數: 2 級數: Improver

編舞者: Jamie Barnfield (UK) & Julie Lockton (ES) - September 2016 音樂: Shake That Thing - Bearforce1: (EP: Shake That Thing - iTunes)



left

7&8

Intro: 32 counts (Start on vocals)		
[1-8] STEP, PI 1-2 3&4	VOT ½ TURN, SHUFFLE, ROCK FWD RECOVER, COASTER CROSS Step forward on right, Pivot ½ turn left (06:00) Shuffle forward right, left, right	
5-6	Rock forward onto left, Recover onto right	
7&8	Step back on left, Step right next to left, Cross left over right	
[9-16] SIDE TO	DUCH, LEFT KICK BALL CROSS, LEFT TOE STRUT, RIGHT CROSS TOE STRUT	
1-2	Large step right to right side, Touch left next to right	
3&4	Kick left to left diagonal, Step ball of left next to right, Cross right over left	
5-6	Touch left toe to left side, Drop left heel	
7-8	Cross right toe over left, Drop right heel	
[17-24] SIDE , 1	BEHIND & HEEL BALL CROSS, SIDE, BEHIND & HEEL HOLD Step left to left side, Cross right behind left	
&3&4	Step left to left side, Touch right heel to right diagonal, Step ball of right next to left, Cross le over right	
5-6	Step right to right side, Cross left behind right	
& 7-8	Step right to right, Touch left heel to left diagonal, Hold (06.00)	
[25-32] & R JA	ZZ BOX, JAZZ JUMP FWD, HOLD & CLAP, JAZZ JUMP BACK, HOLD & CLAP	
&1-2	Step left next to right, Cross right over left, Step back on left	
3-4	Step right foot to right side, Step forward on left	
&5-6	On slight right diagonal jump out on right, On slight left diagonal jump out on left, Hold and clap	
&7-8	Jump back on right, Jump back on left, Hold and clap (06.00) □*RESTART: Wall 4	
**START Wall	6 HERE	
[33-40] KICK E	BALL POINT, KICK BALL POINT, CROSS ROCK, RECOVER, SHUFFLE 1/4 RIGHT	
1&2	Kick right forward, Step onto ball of right, Point left to left side	
3&4	Kick left forward, Step onto ball of left, Point right to right side	
5-6	Cross rock right over left, Recover onto left	
7&8	Turn ¼ right stepping forward on right, Step left next to right, Step forward on right (09:00)	
[41-48] SWAY	LEFT, SWAY RIGHT, HIP BUMPS L-R-L, POINT BACK, ½ TURN, HOLD, BALL STEP	
1-2	Taking small step left sway hips to the left, Sway hips to the right (weight on right)	
3&4	Hip bumps left, right, left (weight on left)	
5-6	Touch right toe back, Unwind ½ turn right (weight on right) (03.00)	
7&8	Hold, Step left next to right, Step forward on right	
[49-56] KICK E	BALL POINT, KICK BALL POINT, CROSS ROCK, RECOVER, SHUFFLE 1/4 LEFT	
1&2	Kick left forward, Step onto ball of left, Point right to right side	
3&4	Kick right forward, Step onto ball of right, Point left to left side	
5-6	Cross rock left over right, Recover onto right	
	T 4/16 / 1 6 1 16 0/ 11/ 1/ 16 0/ 6 1 16 (10 00)	

[57-64] SWAY RIGHT, SWAY LEFT, HIP BUMPS R-L-R, POINT BACK, ½ TURN, HOLD, BALL STEP

Turn ¼ left stepping forward on left, Step right next to left, Step forward on left (12:00)

1-2	Step right to right side swaying hips to the right, Sway hips to the left (weight on left)
3&4	Hip bumps right, left, right (weight on right)
5-6	Touch left toe back, Unwind ½ turn left (weight on left) (06:00)
7&8	Hold, Step right next to left, Step forward on left

*RESTART: Wall 4 after 32 counts

TAG: At the end of Wall 1: RIGHT ROCKING CHAIR, RIGHT JAZZ BOX

1-4 Rock forward on right, Recover onto left, Rock back on right, Recover onto left
5-8 Cross right over left, Step back on left, Step right to right side, Step left next to right

ENDING: The dance finishes on the front wall during wall 7 after count 12 - Just take a large step to left and slide right to left!

^{**} START Wall 6 at count 33 (omitting counts 1-32)