# Shake Me Up

拍數: 64

級數: Phrased Easy Intermediate

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音樂: Shake Me Up by So Yumi

Dance Starts after 32counts. Sequence: AAA Tag1 B, AAA Tag2, AAA Tag2 B, Ending

## PART A (32 counts)

### Section A1: Walk, Walk, Forward Shuffle, Sway Hips

- Forward Walk On RF, LF, Forward Shuffle on RF, LF, RF 123&4
- 5678 Step LF to L and Sway Hips on L,R,L.R

### (Hand mvmt: 5 6 7 8 Both hands on waist with shoulder lean forward R,L,R,L)

### Section A2: Rock Recover, Coaster Step, Hitch, Step, Hitch, Step

Rock LF Forward, Recover on RF, Step LF Back, Step RF together, Step LF Forward 123&4 5678 Hitch RF, Step in place, Hitch RF, Step in place (facing diagonal 11:00)

(Hand mvmt: 5 6 7 8 Slap hands on hips while hitch up, clap hands while step down)

### Section A3: Cross Rock Recover, Side Chasse 1/4R Turn, Hip Sways

Cross RF over LF, Recover on LF, Side Chasse on RF, LF, 1/4R Turn RF Forward 123&4

567&8 Step LF together Sway hips On L,R,L.R,L

### Section A4: Rock Recover Triple Steps, Rock Recover Triple Step

123&4 Rock RF Forward, Recover on LF, Triple Step on RF, LF, RF

567&8 Rock LF Forward, Recover on RF, Triple Step on LF, RF, LF

### PART B (32 counts)

#### Section B1: Step, Side Rock Cross, Step, Cross, Side Rock Cross, Step

- 12&3 Step RF Forward, Step LF to L, Recover on RF, Cross LF over RF,
- 45 Step RF to R, Cross LF over RF
- 6 & 7 8 Step RF to R, Recover on LF, Cross RF Over LF, Step LF to L

### Section B2: Cross Touch, Side Touch

1234 Touch RF over LF, Touch RF to R, Touch RF over LF, Touch RF to R &5&6&7&8 Hitch RF, Touch RF to R – 4 times, at the same time twist left ankle in out 4 times

### Section B3: Bounce

1&2&3&4 Bounce In Place - Stepping on RF, Ball step on LF -3 times, Step on RF 5&6&7&8 Slowly 1/2 Left Turn by Stepping on LF, Ball Step on RF – 3 times, Step on LF

### Section B4: Twist to Right, Twist to Left

1234 Swivel both heels, toes, heels, toes to right

5678 Swivel both toes, heels, toes, heels to left

(Option: Flick on LF (3), Flick on RF (8))

TAG 1 (8 counts) - Repeat Section A4

TAG 2 (4 counts) – Repeat Section A4-1 2 3&4&(Step on LF)

Easy Option on TAG 2 1234 Rocking Chair On RF

Thank You! - Enjoy!

or



牆數: 4