

# Step and Shake

COPPER KNOB  
STEPSHEETS

拍數: 34      牆數: 4      級數: High Beginner  
編舞者: Bobbey Willson (USA) - September 2016  
音樂: Step That Step - Sawyer Brown : (Album: Best of Sawyer Brown)



Intro: 16 beats, Begin on 17

## S 1: {1-8} Toe Struts RL, Side-rock, Rec, Cross, Toe Struts LR, Side-rock, Rec, Cross

1&2&      Touch R toe forward, Drop R heel down, Touch L toe forward, Drop L heel down  
3&4      Rock R to right, Recover on L, Cross R over L  
5&6&      Touch L toe forward, Drop L heel down, Touch R toe forward, Drop R heel down  
7&8      Rock L to left, Recover on R, Cross L over R

## S 2: {9-16} Step right, 1/4left w/Bump-back, Hips to left, right, left, Wide V-step back

1 2      Step R to right, Pivot 1/4 left and bump "hips" back and touch L beside R (9:00)  
3      Step L beside R bumping hip to left while bending opposite knee  
&      Step weight on to R bumping hip to right while bending opposite knee  
4      Step weight on to L bumping hip to left while bending opposite knee  
5 6      Exaggerated\* steps wide: Step R wide to right, Step L wide left with hands on hips\*\*  
7 8      Exaggerated\* steps back and center: Step R back to left diagonal, Step L beside R

## S 3: {17-24} Shuffle RLR, Chase-turn LRL, Step 1/4left, Coaster RLR

1&2      Step R forward, Step L beside R, Step R forward  
3&4      Step L forward, Pivot 1/2 right and shift weight to R, Step L forward (3:00)  
5 6      Step R forward, Pivot 1/4 left and step L down (12:00)  
7&8      Step R back, Step L beside R, Step R forward

## S 4: {25-34} Shuffle LRL, Chase-turn RLR, Step 1/4right, Coaster LRL, Rock-back Rec

1&2      Step L forward, Step R beside L, Step L forward  
3&4      Step R forward, Pivot 1/2 left and shift weight to L, Step R forward (6:00)  
5 6      Step L forward, Pivot 1/4 right and step R down (9:00)  
7&8      Step L back, Step R beside L, Step L forward  
9 10      Rock R back, Recover on L (roll body)

\*Exaggerated - lift knees as you move through the step

\*\*Restart on Wall 4 after {1-14} you will be facing 12:00 to begin Wall 5

Dance ends facing 3:00 during Wall 8 after {1-22} then music fizzles out

To finish facing 12:00 on Wall 8:

Pivot 1/2 instead of 1/4 at {22} -OR- Dance {1-22} then repeat {21-22}

-OR- just turn to front and smile!

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format and include all contact details on this script.

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