

Shakin' It

COPPER KNOB
STEPSHEETS

拍數: 56 牆數: 4 級數: Phrased Low Intermediate
編舞者: Trine Haukø Lund (NOR) - January 2017
音樂: Shake It (feat. Big & Rich) - The Lacs



#64 counts intro - Sequence of dance: A-A - B-B - A-A-A - B-B - A-A - B-B - B-B

Part A: 32 counts

A1: Diagonal forward lock right, scuff, diagonal forward lock left, scuff

- 1-4 Step RF forward to R diagonal, close LF behind RF, step RF forward to R diagonal, scuff LF beside LF
- 5-8 Step LF forward to L diagonal, close RF behind LF, step LF forward to L diagonal, scuff RF beside RF

A2: Jazz box R, cross, wine R

- 1-4 Cross RF over LF, step back on LF, step RF to R, cross LF over RF
- 5-8 Step RF to R, cross LF behind RF, step RF to R, cross LF over RF

A3: Rock R, 1/4 turn L, step, Full turn R

- 1-4 Rock RF to R, recover on LF, turn 1/4 L(9.00), step forward on RF, hold
- 5-8 Turn 1/2 R, step back on LF(3.00), turn 1/2 R step forward on RF(9.00), step forward on LF, hold

A4: Mambo forward, step hitch, step hitch, step, step

- 1-4 Rock forward on RF, recover on LF, step back on RF, hitch L knee
- 5-8 Step back on LF, hitch R knee, step back on RF, step LF next to RF

Part B: 24 counts (first time part B, you are facing 6 o'clock)

B1: Nightclub basic R, nightclub basic L, weave with 1/4 turn R, step 3/4 turn R, touch

- 1-2& Step RF to R, close LF behind RF, cross RF over LF
- 3-4& Step LF to L, close RF behind LF, cross LF over RF
- 5&6& Step RF to R, cross LF behind RF, turn 1/4 R(9.00) step forward on RF, step forward on LF
- 7&8 Turn 1/2 R(3.00), step forward on RF, turn 1/4 R(6.00) step LF to L, touch RF next to LF

B2: Side together side touch R, side together side touch L

- 1-4 Step RF to R, step LF beside RF, step RF to R, touch LF beside RF
- 5-8 Step LF to L, step RF beside LF, step LF to L, touch RF beside LF

B3: Step forward touch, step back 1/4 turn L touch, step forward touch, step back 1/4 turn L touch

- 1-4 Step RF forward, touch LF beside RF(shake shoulders), 1/4 turn L(3.00), step LF to L, touch RF beside LF

(shake shoulders)

- 5-8 Step RF forward touch LF beside RF(shake shoulders), 1/4 turn L(12.00), step LF to L, touch RF beside LF

(shake shoulders)

Have fun, and Shake It!

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