

Shake Our Pants Off (P)

拍數: 48 牆數: 0 級數: Intermediate Partner
編舞者: Greg Van Zilen (USA) - March 2017
音樂: T-Shirt - Thomas Rhett



Step description by Outta Line Country Dance Instruction

Starting Position: Facing LOD, single hand hold man's right and ladies left
Intro: 24 count start dancing on lyrics - Mirror Footwork Unless Noted

Note: Steps listed are man's footwork, ladies will mirror man unless noted

(1-8) Strutting bumps

- 1&2 Angle body slightly L and touch R toe forward bumping hips R, bump L, bump R while dropping heel.
3&4 Angle body slightly R and touch L toe forward bumping hips L, bump R, bump L while dropping heel.
5&6 Angle body slightly L and touch R toe forward bumping hips R, bump L, bump R while dropping heel.
7&8 Angle body slightly R and touch L toe forward bumping hips L, bump R, bump L while dropping heel.

Note: If you don't like to bump that much just do regular struts 1-toe, 2-drop heel etc.

(9-16) Kick & touch, step, turn ½, kick & touch, step turn ¼

- 1&2 Kick right foot forward, step right foot in place, touch left toe to side.
3,4 Step left foot forward, turn ½ right transferring weight to right foot.
5&6 Kick left foot forward, step left foot in place, touch right toe to side.
7,8 Step right foot forward, turn ¼ left transferring weight to left foot.

Hands: On count 3 release hands then picking up man's left and ladies right on count 4.
On count 8 join in two hand hold, partners are now facing each other, man looking OLOD.

(17-24) Hip bumps, rock back, replace, ½ turning shuffle changing sides

- 1&2 Bump hips right, left, right.
3&4 Bump hips left, right, left.
5,6 Step right foot back, replace weight onto left foot.
7&8 ¼ turn left stepping right foot to side, step left foot next to right, ¼ turn left stepping right foot back.

Hands: On count 5 release man's right and ladies left hands.

On count 7 raise man's left and ladies right hands for lady to turn under. Man is now facing ILOD.

Footwork note: Ladies direction of turn is right and will be passing FLOD of the man.

(25-32) Coaster cross, sway, scissors, sway

- 1&2 Step left foot back, step right foot next to left, cross left foot in front of right.
3,4 Step right foot to side swaying hips right, sway hips left.
5&6 Step right foot to side, step left foot next to right, cross right foot in front of left.
7,8 Sway left foot to side swaying hips left, sway hips right.

Hands: On count 1 lower man's left and ladies right hands as you rejoin in two hand hold.

(33-40) Rock back, replace, ½ turning shuffle changing sides, rock back, replace, step, turn ¼

- 1,2 Step left foot back, replace weight onto right foot.
3&4 ¼ turn right stepping left foot to side, step right foot next to left, ¼ turn right stepping left foot back.
5,6 Step right foot back, replace weight onto left foot.
7,8 Step right foot slightly forward, turn ¼ left transferring weight to left foot.

Hands: On count 1 release man's right and ladies left hands. On count 3 raise man's left and ladies right hands for lady to turn under then lowering on count 5. On count 7 join man's right and ladies left hands while releasing man's left and ladies right. On count 8 partners are facing LOD.

Footwork note: Ladies direction of turn is left and will be passing FLOD of the man.

(41-48) Four shuffles traveling LOD turning $\frac{1}{2}$ on 2nd and 3rd shuffles (or shuffle without turning)

1&2 Step right foot forward, step left foot next to right, step right foot forward.

3&4 $\frac{1}{2}$ turn right stepping left foot back, step right foot next to left, step left foot back.

5&6 $\frac{1}{2}$ turn right stepping right foot forward, step left foot next to right, step right foot forward.

7&8 Step left foot forward, step right foot next to left, step left foot forward.

Hands: Unless not turning release hands on count 2 rejoining on count 6.

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