

Shake It Up

拍數: 48 牆數: 4 級數: Improver
編舞者: Alan Birchall (UK) & Jacqui Jax (UK) - November 2017
音樂: Shake It Up - Ringo Starr : (CD: Give Me Love)



(Thanks to Rick Culley for suggesting this track)

Alternative: Buddy Holly Rave On Medley – The Dean Brothers

Start: On Lyrics Seconds: 8 Counts: 16 BPM: 165

RIGHT STRUT, LEFT STRUT, JAZZ BOX, HOLD

1-2 Touch Right Heel Forward, Slap Right Foot To Floor
3-4 Touch Left Heel Forward, Slap Left Foot To Floor
5-6 Cross Right Over Left, Step Back On Left
7-8 Step Right To Right, Hold

TRAVELLING DWIGHTS, ROCK, RECOVER, CROSS, HOLD

9 Touch Left Toe To Right Instep Whilst Swivelling Right Heel Towards Left
10 Touch Left Heel To Right Instep Whilst Swivelling Right Toe Towards Left
11 Touch Left Toe To Right Instep Whilst Swivelling Right Heel Towards Left
12 Touch Left Heel To Right Instep Whilst Swivelling Right Toe Towards Left
13-14 Rock Left To Left, Recover On Right
15-16 Cross Left Over Right, Hold

BACK LOCK STEP, HOLD, COASTER STEP, HOLD

17-18 Step Back On Right, Lock Left Over Right Left
19-20 Step Back On Right, Hold
21-22 Step Back On Left, Step Right By Left
23-24 Step Forward On Left, Hold

STEP ½ PIVOT, STEP, HOLD X2

25-26 Step Forward On Right, ½ Pivot Left 06:00
27-28 Step Forward On Right, Hold/Clap
29-30 Step Forward On Left, ½ Pivot Right 12:00
31-32 Step Forward On Left, Hold/Clap

WEAVE ¼ TURN, JAZZ JUMPS FORWARD & BACK WITH CLICKS

33-34 Cross Right Over Left, Step Left To Left
35-36 Cross Right Behind Left, Making ¼ Turn Left Step Left To Left 09:00
&37-38 Jump Slightly Forward Landing Right, Left, Hold Click Fingers (Shoulder High)
&39-40 Jump Slightly Back Landing Right, Left, Hold Click Fingers (Shoulder High)

TRAVELLING SWIVELS, ½ MONTEREY TURN

41-42 Swivel Both Heels Left, Swivel Both Toes Left (Moving To Left)
43-44 Swivel Both Heels Left, Swivel Both Toes Left (Moving To Left)
45-46 Point Right To Right, Make ½ Turn Right Step Right by Left 03:00
47-48 Point Left To Left, Step Left By Right

START AGAIN

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