

Shake Me

拍數: 48 牆數: 4 級數: Improver
編舞者: Helen Owen (UK) - January 2018
音樂: You Still Shake Me - Deana Carter



Start on 16 counts

S1 [1-8] WALK RIGHT, LEFT, RIGHT, KICK, WALK BACK LEFT, RIGHT, LEFT COASTER STEP

1-2 walk forward right (1) walk forward left (2)
3-4 walk forward right (3) kick left foot forward (4)
5-6 walk back left (5) walk back right (6)
7&8 step back left (7) step right next to left (&) step forward left (8)

S2 [9-16] GRAPEVINE RIGHT, BRUSH, GRAPEVINE LEFT, ¼ LEFT, BRUSH

1-2 step right to right side (1) cross left behind right (2)
3-4 step right to right side (3) brush left foot forward (4)
5-6 step left to left side (5) cross right behind left (6)
7-8 make ¼ turn left stepping forward left (7) brush right foot forward (8)

S3 [17-24] SHIMMY RIGHT, SHIMMY LEFT

1-2 step wide right to right side [shimmy shoulders] (1-2)
3-4 step left to right foot (3-4)
5-6 step wide left to left side [shimmy shoulders] (5-6)
7-8 step right to left foot (7-8)

S4 [25-32] ROLLING VINE RIGHT, ROLLING VINE LEFT

1-2 turn ¼ right and step forward on right (1) turn ¼ right and step left to left side (2)
3-4 turn ½ right and step right to right side (3) touch left next to right (4)
5-6 turn ¼ left and step forward on right (5) turn ¼ left and step right to right side (6)
7-8 turn ½ left and step left to left side (7) touch right next to left (8)

S5 [33-40] 2x RIGHT KICK BALL CHANGE, 2X ¼ LEFT PADDLES

1&2 kick right foot forward (1) step right in place (&) step left in place (2)
3&4 kick right foot forward (3) step right in place (&) step left in place (4)
5-6 step right forward (5) pivot ¼ turn left {face 7 o'clock} (6)
7-8 step right forward (7) pivot ¼ turn left {face 5 o'clock} (8)

S6 [41-48] 1x ¼ LEFT PADDLE, RIGHT JAZZ BOX, OUT-OUT, IN-IN

1-2 step right forward (1) pivot ¼ turn left {face 3 o'clock} (2)
3-4 cross right over left (3) step back on left (4)
5-6 step right to right side (5) step left forward (6)
&7&8 step right foot out (&) step left foot out (7) step right foot in place (&) step left foot in place (8)

End of walls 3 and 5, there is a 4-count Tag.

TAG: 4 SWAYS - R, L, R, L

1-2 sway hips to the right (1) sway hips to the left (2)
3-4 sway hips to the right (3) sway hips to the left (4)

Enjoy! xx

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Last Update – 16th Jan. 2018

