

Shake

拍數: 64 牆數: 2 級數: Phrased Intermediate
編舞者: Monica Wale (SWE) - February 2018
音樂: Shake - Mando Diao



Sequence: AA BB AA BB A16 AA BB

Starts almost immediately on the first syllable of the word "waiting"
in the frase "I've been waiting"

Part A

[A:1] ROCK RECOVER, ½ TURN, HOLD, STEP TURN STEP, HOLD

1 - 2 Rock RF fwd (1) recover on LF (2)
3 - 4 Turn ½ right stepping fwd on RF (3) hold (4)
5 - 8 Step LF fwd (5) turn ½ right weight on RF (6) step LF fwd (7) hold (8)

[A:2] FULL TURN, STEP, HOLD, HALF RUMBA FWD, HOLD

1 - 2 Turn ½ left stepping RF back (1) turn ½ left stepping LF fwd (2)
3 - 4 Step RF fwd (3) hold (4)
5 - 6 Step LF to left (5) step RF beside left (6)
7 - 8 Step LF to left (7) hold (8)

[A:3] JAZZ BOX ¼, HOLD, WEAVE, SWEEP

1 - 2 Cross RF over left (1) step LF back (2)
3 - 4 Turn ¼ right stepping RF right (3) hold (4)
5 - 6 Cross LF over right (5) step RF right (6)
7 - 8 Step LF behind right (7) Sweep RF from front to back (8)

[A:4] BEHIND, SIDE, CROSS, HOLD, ROCK RECOVER ¼, HOLD

1 - 2 Step RF behind left (1) step LF to left (2)
3 - 4 Cross RF over left (3) hold (4)
5 - 6 Rock LF to left (5), recover on RF turning ¼ right (6)
7 - 8 Step LF fwd (7) hold (8)

Part B

[B:1] POINT, PADDLE TURNS x2, HOLD, BEHIND SIDE CROSS, CHASSE

1 & 2 Point RF to right (1), turning ¼ hitch right knee inwards (&) point RF to right (2)
&3 - 4 Turning ¼ hitch right knee inwards (&) point RF to right (3) hold (4)
(moving hips right as you point and left as you hitch)
5 & 6 Step RF behind left (5) step LF to left (&) cross RF over left (6)
7 & 8 Step LF to left (7) step RF beside left (&) step LF to left (8)

[B:2] BACK ROCK, KICK BALL STEP, SHUFFLE, STEP TURN

1 - 2 Rock back on RF (1) recover on LF (2)
3 & 4 Kick RF forward (3) step RF beside left (&) step LF forward (4)t
5 & 6 Step RF fwd (5) step LF beside right (&) step RF fwd (6)
7 - 8 Step LF fwd (7) turn ½ right weight on RF(8)

[B:3] STEP HOLD & STEP HOLD x 2,

1 - 2& Step LF fwd to left diagonal (1) hold (2) step RF together (&)
3 - 4 Step LF fwd to left diagonal (3) hold (4)
(Throw hands outwards downwards on (1) and (2) with your palms down)
5 - 6& Step RF fwd to right diagonal (5) hold (6) step LF together (&)

7 - 8 Step RF fwd to right diagonal (7) hold (8)
(Throw hands outwards downwards on (5) and (7) with your palms down)

[B:4] STEP TURN 1/2 STEP, HOLD, ½ TURN, TOUCH, STEP, HOLD

1 - 4 Step LF fwd (1) turn ½ right weight on RF(2) step LF fwd (3), hold (4)

5 - 6 Turn ½ left stepping RF back (5), on ball of RF turn ½ left and touch LF beside right (6)

7 - 8 Step LF fwd (7) hold (8)

Hope you enjoy the dance and Mando Diao's wonderful music

(Altered March 4th 2018)
