

# Northwest Shake

COPPER KNOB  
STEPPERS

拍數: 64      牆數: 4      級數:  
編舞者: Lindsay Stamp (USA) - May 2018  
音樂: Trouble Maker - LANCO



## #16 Count Intro

### (1-8) Left Foot Lead

1, 2      Rock forward L, Recover R  
3&4      Shuffle back L,R,L  
5, 6      Full turn, clockwise. R, face back, L, face forward. Left foot lands behind right.  
& 7 & 8      hop R back, L heel out, L step, R together

### (9-16) L Foot Lead

1, 2      Walk forward L then R  
& 3 & 4      Step out to left L, step out to right R, Step in L, Cross R in front of left  
5, 6      Unwind  $\frac{3}{4}$  turn counter clockwise  
7, 8      Shake hips twice

### (17-24) R Foot Lead

1 & 2 &      Touch R toe forward, step R, Touch L toe forward, Step L  
3 & 4 &      On the ball of R toe, swivel heel in and back twice  
5 & 6 &      Repeat [1 & 2 &] starting with the L foot  
7 & 8 &      Repeat [3 & 4 &] starting with the L foot

### (25-32) R Foot Lead - 3/4 Counter Clockwise turn using 4 sailor steps

1 & 2       $\frac{1}{4}$  turn sailor step (cross step R behind L, Slight step to left on L, Step together R)  
3 & 4       $\frac{1}{4}$  turn sailor step (cross step L behind R, Slight step to left on R, Step together L)  
5 & 6       $\frac{1}{4}$  turn sailor step (cross step R behind L, Slight step to left on L, Step together R)  
7 & 8       $\frac{1}{4}$  turn sailor step (cross step L behind R, Slight step to left on R, Step together L)

### (33-40) R Foot Lead

1 & 2 &      Touch R toe forward, step R, Touch L toe forward, Step L  
3, 4      Touch R toe out to the right, Hitch right knee in and across to the left  
5 & 6      Shuffle to the right (R, L, R)  
7, 8      Rock L behind R. Recover onto R foot

### (41-48) L Foot Lead

1 & 2      Shuffle to the left (L, R, L)  
3, 4      Rock R behind L. Recover onto R foot, turning your body  $\frac{1}{4}$  clockwise  
5, 6, 7, 8      Step forward R, pivot half, Step forward R, pivot half (completing a full counter clockwise turn)

### (49-56) R Foot Lead

1, 2      Take large diagonal step forward to the right on R foot  
3, 4      Shake hips twice  
5, 6      Take large diagonal step forward to the left on L foot  
7, 8      Shake hips twice

### (57-64) R Foot Lead

1 & 2      Kick forward R, Touch L toe back  
3 & 4      Kick forward L, Touch R toe back  
5, 6      Kick forward R, kick forward L

7, 8                    Hook R toe behind left foot, unwind clockwise  $\frac{1}{2}$  turn ending on R foot

Contact: [linzf0822@yahoo.com](mailto:linzf0822@yahoo.com)

---