

Shake

拍數: 20 牆數: 4 級數: Improver
編舞者: Jennifer Jones (USA) - June 2018
音樂: Shake - MercyMe



#48 count intro: Begin dance on lyrics

Section 1: (1-8) R foot, kick forward, sailor shuffle, L foot kick forward, sailor shuffle

1-2 R foot kick diagonally forward (1:00), cross R foot behind L foot
3-4 Step L foot to Left side, step R foot to place
5-6 L foot kick diagonally forward (11:00), cross L foot behind R foot
7-8 step R foot to R side, step L foot to place

Section 2: (9-16) Momba forward , Momba back, syncopated weave Left with ¼ turn to right

9&10 step forward R foot, L foot step in place, R foot next to L foot
11&12& step L foot back, R foot step in place, touch L foot next to R foot , hold
13& L foot step L, cross R foot behind L foot
14& L foot step L, R foot cross in front of L foot
15& L foot step L, ¼ turn right with R foot
16& step L foot next to R foot (weight shifts to L foot), hold

Section 3 (17-20) forward wizard

17&18 step R foot forward, Lock L foot behind R foot, step forward R foot
&19&20& step L foot forward, lock R foot behind L foot, step forward L foot, touch R foot Next to L foot,
hold

Start dance over

****2 EASY RESTARTS: walls 4 and 5, Restart after the hold on count 16&**

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Thank-you and enjoy the dance.

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