

Shake it Up

拍數: 64 牆數: 2 級數: Improver
編舞者: Debbie Nishiki (USA) - January 2019
音樂: Shake It Off - Taylor Swift : (Album: 1989)



Intro: 16 counts – start dance with lyrics

S1 (1-8) Grapevine R L

1-2-3-4 Step R to R side, cross L behind R, Step R to R side, touch L next to R (12:00)
5-6-7-8 Step L to L side, cross R behind L, Step L to L side, touch R next to L (12:00)

S2 (1-8) Step Quarter Jazz Box (slow)

1-2 Step forward on R (Hold) (12:00)
3-4 Step with L over R (Hold) (12:00)
5-6 Step back quarter on R (Hold) (9:00)
7-8 Step L to L side (Hold) (9:00)

S3 (1-8) R Swivel (x2) L Swivel (x2) (Optional: 2 R Fans, 2 L Fans)

1-2-3-4 Swivel on ball of L moving heel to L & swivel on R heel moving R toe to R, Return L heel and R toe (9:00)
5-6-7-8 Swivel on ball of R moving heel to R & swivel on L heel moving L toe to L, Return R heel and L toe (9:00)

S4 (1-8) Hip Rolls for “8” counts to the L (fast with styling)

1-8 Roll hips counter clockwise making quarter to Left walk R,L,R,L,R,L,R,L (6:00)

(Restart – Wall 3)

S5 (1-8) 2 Half Turn Montereys

1-2-3-4 Point R to R side, ½ turn R bringing R next to L (6:00) Point L to L side, step L next to R (12:00)
5-6-7-8 Point R to R side, ½ turn R bringing R next to L (12:00) Point L to L side, step L next to R (6:00)

S6 (1-8) Step R out, Step L out, Step R in, Step L in

1-2, 3-4 Step Diagonal forward R (2 cts), Step Diagonal forward L (2 cts) (6:00)
5-6, 7-8 Step R back (2 cts), Step L back (2 cts) (6:00)

S7 (1-8) ¼ Side, Step, ¼ Back, Together (repeat)

1-2-3-4 (Turn ¼ L) Step R to R side (on R Diagonal), Recover L, Step R next to L (hold for ct 4) (6:00)
5-6-7-8 (Turn ¼ R) Step L to L side (on L Diagonal), Recover R, Step L next to R (hold for ct 8) (6:00)

S8 (1-8) Slide to R for 4 counts (with shimmy), Slide L for 4 counts (with shimmy)

1-2-3-4 Take a long step to R, drag L next to R (6:00)
5-6-7-8 Take a long step to L, drag R next to L (6:00)

(Start again)

Restart: Wall 3 after 32 counts

Tag: End of Wall 7 (6:00)

1-2-3-4 Stomp on R, Stomp on L
5-6-7-8 Double hip bumps to the R and double hip bumps to the L

Ending: End of Wall 9 facing 6:00, cross Step L behind R, unwind ½ turn L to face the front (12:00) and strike a pose!!

Enjoy y'all!!!!!!!
