

Shake it off

拍數: 56 牆數: 4 級數: High Beginner
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音樂: Shake It Off - Taylor Swift



Section 1: Sliding Forward Right then left

1-4 Step forward at an angle right together left, right together left.
5-8 Step forward at an angle left together right, left together right.

Section 2: Hopping backwards right to left.

1-4 Hop back angle right, right left, this is 1 and 2. Hop back angle left, left right, this is 3 and 4.
5-8 Hop back angle right, right left, this is 5 and 6. Hop back angle left, left right, this is 7 and 8.

Section 3+4: Ankle swivels $\frac{1}{4}$ turn and $\frac{1}{2}$ turn.

1-4 Step out with right foot and swivel with right for 4 counts while turning $\frac{1}{8}$ th of turn left.
5-8 Finishing $\frac{1}{4}$ turn by swiveling left foot for 4 counts.

1-4 Step out right and swivel 4 counts for $\frac{1}{4}$ turn.
5-8 Swivel left for 4 counts for $\frac{1}{4}$ turn.

Section 5: Right together left, left together right.

1-4 Right together left, right together left.
5-8 Left together right, left together right.

Section 6: Stomp right hold, stomp left hold, and shake.

1-4 Stomp to the Right for 1-2, Stomp to the left for 3-4.
5-8 Swing hips right left right left for 5-6-7-8.

Section 7: 4 heel $\frac{1}{4}$ turns.

1-4 Right heel $\frac{1}{4}$ turn left, left heel and stay.
5-8 right heel $\frac{1}{4}$ turn left, left heel and stay.
