

# Shake Shake

**COPPERKNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: High Improver  
編舞者: Ann-Kristin Sandberg (NOR) & Tom Inge Soenju (NOR) - February 2019  
音樂: Shake Shake - Nessi : (iTunes, Google Play and Amazon)



Intro: 16 counts

Sequence: Repeating sequence.

Tag/Restart: Restart after 16 counts on wall 3 and no tags.

End: Dance as normal till music ends

## SECTION 1: OUT-OUT, COASTER STEP, STEP-½ R PIVOT, STEP-LOCK-STEP

1-2            Step RF fwd to R diag, Step LF fwd to L diag  
3&4           Step RF back, Step LF next to RF, Step RF fwd  
5-6           Step LF fwd, ½ R turn (weight on RF) (F06:00)  
7&8           Step LF fwd, Lock RF behind LF, Step LF fwd (Optional: Put arms up (7), Put arms down (&), Put Arms up (8))

## SECTION 2: FWD SKATING, KICK-COASTER STEP, STEP-¼ L PIVOT, HEEL OUT-OUT, IN-IN

1&2           Skate fwd R, L, R (small steps like you shake from side to side)  
3&4&          Kick LF fwd, Step back on LF, Step RF next to LF, Step LF fwd  
5-6           Step RF fwd, ¼ L turn (weight on LF) (F03:00)  
7&8&          Step R heel fwd to right diag, Step L heel fwd to left diag, Step RF back, Step LF next to RF  
(Restart here on wall 3)

## SECTION 1: STEP-KICK-BACK, BACK ROCK-RECOVER, SIDE-TOGETHER-SIDE-TOUCH, POINT-TOUCH-KICK-BALL

1-2           Step RF fwd, Kick LF fwd  
3-4&          Step LF back, Step RF back, Recover weight onto LF  
5&6&          Step RF to R side, Step LF next to RF, Step RF to R side, Touch LF next to RF  
7&8&          Point LF to L side, Touch LF next to R, Kick LF fwd, Step back on ball of LF

## SECTION 2: STEP-½ L PIVOT X2, ½ R TURN TOE-STRUT JAZZ BOX

1-2           Step RF fwd, Half L turn (weight on LF) (F09:00)  
3-4           Step RF fwd, Half L turn (weight on LF) (F03:00)  
5&6&          Cross R toe over LF, Step R heel down, 1/8 R turn and touch L toe back, Step L heel down (F04:30)  
7&8&          ¼ R turn and touch R toe fwd, Step R heel down, 1/8 R turn and touch L toe fwd, Step L heel down (F09:00)

Start again and enjoy! Happy Dancing!

Contact: If anything is unclear or if you would like additional information, please contact us:

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