

Shake That Thang

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Pat Newell (USA) - October 2019
音樂: Cowgirl Swing - Dave Sheriff



Senior Dancing Series

32 in.

VINE RIGHT, VINE LEFT

1-4 Step R to R, L behind R, step R to side, touch L
5-8 Step L to L, R behind L, step L to side, touch R

SHIMMY TO SIDE AND UP RIGHT AND REPEAT TO LEFT

1-4 Shimmy R to side and shimmy up
5-8 Shimmy L to side and shimmy up

ROCK FWD ON RIGHT, RECOVER ON LEFT, TRIPLE BACK, ROCK BACK ON LEFT REC ON RIGHT, TRIPLE FWD

1,2 3&4 Rock fwd on R, recover on L and triple back RLR
5,6 7&8 Rock back on L, recover on R and triple fwd LRL

2x ¼ PIVOTS LEFT, WEAVE TO LEFT

1-4 Step fwd on R, turn ¼ L (wt on L), step fwd on R, turn ¼ L (wt on L)
5-8 Cross R over L, step L to L, step R behind L, STEP ON LEFT *

* WHEN STEPPING ON LEFT GIVE A LITTLE PUSH TO RIGHT TO START RIGHT VINE

DANCE FOR THE HEALTH OF IT
