

Shake

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Phrased Intermediate
編舞者: Patrizia Menga (IT) - July 2020
音樂: Country Girl (Shake It for Me) - Luke Bryan



Part A (32 count)

A1 sequence : SHUFFLE FORWARD RIGHT LEFT, KICK BALL CHANGE RIGHT, STEP BACK AND TURN

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- 1-4 Step right forward, step left near right, step right forward, step left forward, step right near left, step left forward.
5-6 Kick right forward, recover foot left.
7-8 (12:00) Turn ½ with the toe right, and heel down (6:00)

A2 sequence : (6:00) SHUFFLE FORWARD LEFT ,RIGHT, STEP TURN ½ LEFT, PIVOT LEFT RIGHT (12:00)

- 1-4 (6:00) Step left forward ,step right near foot left, step forward left, step right forward , step left near foot right, step right forward .
5-6 (6:00) Step left forward and turn ½ with foot right (12:00)
7-8 (12 :00) step left turn and step right.

A3 sequence :OUT FOOT RIGHT , LEFT, RIGHT, MONTERAY AND TURN ½

- 1-2 Foot right out side right and recover, foot left out side left and recover.
3-4 foot right out side right end recover
5-8 foot right out side right and recover and turn ½ foot left out side left, hold (6 :00)

A4 sequence: JAZZ BOX, TWIST RIGHT FOR 2 TIME, TWIST LEFT FOR 2 TIME.

- 1-4 cross left over right foot , step back right and open left open right.
5-8 twist heel right together heel left side right, (2 times), twist heel right together heel left side left, (2 time)

Repeat A

Part B (16 count)

B1 sequence :JUMP CROSS AND KICK (2 TIME) RIGHT, STEP FORWARD WHIT BUMPS IN (2COUNT) RIGHT AND LEFT.

- 1-2-3-4 Jump cross right over left, hook foot left recover foot right kick left forward, 2 count for 2 times.
5-6-7-8 step forward right hip bumps right(2 count) , step left forward and hip bump left(2 count).

B2 Sequence : VAUDEVILLE RIGHT, LEFT STEP RIGHT AND TURN ½ HEEL RIGHT AND HEEL LEFT.

- 1-2-3-4 Cross right over left open foot left to left touch heel right to right, recover, cross left over right, open foot right to right, touch heel left to left recover.
5-6 Step right forward, turn 1/2 foot left forward.
7-8 Heel right forward, recover heel left forward recover.

Repeat part B

Repeat part A 2time.

Repeat part B 2 time

Repeat part A 3 time

Repeat part B 4 time

Ending 12 count

- 1-2 Cross foot right over left and turn ½.
3-4 Heel right forward, heel left forward.
5-6 Cross foot right over left and turn ½.
7-8 Heel right forward, heel left forward

1-2 Cross foot right over left and turn $\frac{1}{2}$.
3-4 Stomp right for two times.
