

Keep Shakin'

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Adam Åstmar (SWE) - June 2020
音樂: I Don't Know Why - NOTD & Astrid S



Intro: 8 counts, approx. 3 seconds, starting in the middle of the word "following", at the clearer bass.

Important information:

*Tag 1 occurs after wall 2.

*Tag 2 occurs after wall 4. After the second tag you start dancing from section 4, skipping the first 4 sections of the dance

Sect - 1: Side. Touch. Side With Shimmy Shoulders. Cross. ¼. Coaster Step.

- 1 – 2 (1) Step to the right on RF. (2) Touch LF next to RF.
3 & 4 (3) Step to the left and shimmy shoulders (3) R, (&) L, (4) R forward.
5 – 6 (5) Cross Rf over LF. (6) Turn ¼ to the right stepping back on LF. {3:00}
7 & 8 (7) Step back on RF. (&) Close RF next to LF. (8) Step forward on RF.

Sect - 2: Rock Forward. Ball. Walk Forward R. L. Hell Grind ¼. Ball. Cross. Side

- 1 – 2 & (1) Rock forward on LF. (2) Recover on RF. (&) Ball step LF next to RF.
3 – 4 Walk forward on (3) RF, (4) LF
5 – 6 & (5) Grind R heel forward. (6) Turn ¼ to the right stepping to the left on LF. (&) Ball step RF next to LF. {6:00}
7 – 8 (7) Cross LF over RF. (8) Step to the right on RF.

Sect - 3: Rock Back. Kick-Ball-Step. Rock Forward. Shuffle ½ Turn.

- 1 – 2 (1) Rock back on LF. (2) Recover on RF.
3 & 4 (3) Kick LF forward. (&) Ball step LF next to RF. (4) Step forward on RF.
5 – 6 (5) Rock forward on LF. (6) Recover on RF.
7 & 8 Shuffle ½ turn to the left stepping (7) LF, (&) RF, (8) LF. {12:00}

Sect - 4: ¼ Drag. Hold-Ball-Cross. Side. Sailor ¼ Heel. Ball. Cross Shuffle.

- 1 – 2 & (1) Turn ¼ to the left taking a big step to the right, dragging LF towards RF. {9:00}(2) Hold. (&) Ball step LF next to RF.
3 – 4 (3) Cross Rf over LF. (4) Step to the left on LF.
5 & 6 & (5) Step RF behind LF. (&) Turn ¼ right stepping down on LF. {12:00} (6) Touch R heel to right diagonal. (&) Ball step RF next to LF.
7 & 8 Cross Shuffle L over R, stepping (7) LF, (&) RF, (8) LF.

Sect - 5: Side Rock. Full Turn Side. Cross Rock. Chasse ¼.

- 1 – 2 (1) Rock to the right. (2) Turn ¼ to the left, recovering on LF. {9:00}
3 – 4 (3) Turn ½ to the left, stepping back on RF. (4) Turn ¼ to the left, stepping to the left on LF. {12:00}
5 – 6 (5) Cross rock RF over LF. (6) Recover on RF.
7 & 8 (7) Step to the right on RF. (&) Close LF next to RF. (8) Turn ¼ to the right stepping forward on RF. {3:00}

Sect - 6: ¼ Touch With Hip Bump. Step Down. Sailor Step. Touch. ¼. Step ½ Turn.

- 1 – 2 (1) Touch LF forward bumping hips forward aswell. (2) Turn ¼ to the right stepping down on LF. {6:00}
3 & 4 (3) Step RF behind LF. (&) Step LF in place. (4) Step to the right on RF.
5 – 6 (5) Touch LF next to RF. (6) Turn ¼ to the left stepping forward on LF. {3:00}
7 – 8 (7) Step forward on RF. (8) Turn ½ to the left, placing weight on LF. {9:00}

Sect - 7: Toe Strut Forward R, L. Jazz Box ¼ Cross.

- 1 – 2 (1,2) Toe strut forward on RF.
- 3 – 4 (3,4) Toe strut forward on LF.
- 5 – 6 (5) Cross RF over LF. (6) Turn ¼ to the right stepping back on LF. {12:00}
- 7 – 8 (7) Step to the right on RF. (8) Cross LF over RF.

Sect - 8: Point. Hold & Point. Hold & Heel & Heel & Step ½ Turn.

- 1 – 2 & (1) Point R toe to the right. (2) Hold. (&) Ball step RF next to LF.
- 3 – 4 & (3) Point L toe to the left. (4) Hold. (&) Ball step LF next to RF.
- 5 & 6 & (5) Touch R heel forward. (&) Ball step RF next to LF. (6) Touch L heel forward. (&) Ball step LF next to RF.
- 7 & 8 (7) Step forward on RF. (8) Turn ½ to the left, placing weight on LF. {6:00}

Tag 1: Occurs after wall 2, facing 12'00.

Side-Touch. X2

- 1 – 2 (1) Step to the right on RF. (2) Touch LF next to RF.
- 3 – 4 (3) Step to the left on LF. (4) Touch RF next to LF.

Tag 2: Occurs after wall 4, facing 12'00.

Slow Sway Right. Slow Sway Left With Drag.

- 1 – 4 (1,2,3,4) Step to the right and slowly sway to the right, placing weight on RF.
- 5 – 8 (5,6,7,8) Sway slowly to the left, dragging RF towards LF and placing weight on LF.

Have fun!
