

Shake It Baby

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Easy Beginner
編舞者: Sandy McDonald (USA) - September 2020
音樂: (Shake Shake Shake) Shake Your Booty - KC and the Sunshine Band



No tags, no restarts

NOTE: This dance goes to a variety of music

Alt. Music:

"If You Love Somebody Set Them Free" by Sting
"Boogie Shoes" by KC and the Sunshine Band
"Because" by The Dave Clark Five
"And the Beat Goes On" by Whispers
"I Need More of You" by The Bellamy Brothers
"The City Put The Country Back In Me" by Neal McCoy
"Alley Oop" by The Hollywood Argyles (this one is just for fun)

Faster Music:

"Gimme Lovin" by Twenty 4 Seven
"Always Have, Always Will" by the Ace of Base
"All You Ever Do Is Bring Me Down" by The Mavericks
"La Mordidita (Feat. Yotuel)" by Ricky Martin

Start dance 32 counts in on vocal

Section 1 (2 TOE STRUTS FORWARD, RIGHT ROCKING CHAIR)

1-2 Touch right toe forward, drop heel down
3-4 Touch left toe forward, drop heel down
5-6 Rock right foot forward, recover on left foot
7-8 Rock right foot back, recover on left foot

Section 2 (SHUFFLE FORWARD, ROCK RECOVER, SHUFFLE BACK)

1&2 Shuffle forward with right foot (R L R)
3-4 Rock left foot forward, recover on right foot
5&6 Shuffle back with left foot (LRL)
7-8 Rock right foot back, recover on left foot

Section 3 (JAZZ WITH A CROSS, VINE RIGHT WITH A TOUCH)

1-4 Cross right foot over left foot, step back on left foot, step right foot to the side, cross left over right
5-8 Step right foot to the right side, step left foot behind right foot, step right foot to the right, touch left beside right

Section 4 (VINE LEFT 1/4 TURN WITH A TOUCH, 4 HIP BUMPS)

1-2 Step left foot to the left, step behind with right foot
3-4 turn 1/4 turn left stepping forward on left, touch right beside left foot
5-6 Step right to right side pushing hips 2X (hip-hip)
7-8 Step left to left side pushing hips 2X (hip-hip)

NOTE: you can do sways (R L R L) instead of hip bumps

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