

Shake On

拍數: 64 牆數: 4 級數: Improver
編舞者: Myra Harrold (SCO) - January 2021
音樂: Shake On - Gold Brother : (Single)



Intro - 16 counts

Sect:1 Grapevine Right ,Grapevine Left

1-8 Rf To R,Lf Behind Rf,Rf To R,Touch L Toe To Rf,Lf To L,Rf Behind Lf,Lf To L,Touch R Toe To Lf (12)

Sect:2 Heel,Hook,Heel,Flick,Toe,Flick,Step,Turn 1/4

1 - 4 R Heel Fwd,Hook Rf Over L Leg,R Heel Fwd,Flick Rf Back Diagonal R (12)

5 - 8 R Toe Fwd,Flick Rf Back Diagonal R,Rf Fwd,Turn 1/4 L(Keep Weight On Rf) (9)

Sect:3 Side,Touch,Side,Touch,Side Touch,Out,In

1 - 4 Lf To L,Touch R Toe To Lf,Rf To R,Touch L Toe To Rf (9)

5 - 8 Lf To L,Touch R Toe To Lf,Touch R Toe Out To R,Touch R Toe To Lf (9)

(Restart - Wall 3)

Sect:4 Scissor Step,Hold,Side,Turn 1/4,Cross,Hold

1-8 Rock Rf To R,Recover To Lf,Cross Rf Over Lf,Hold,Lf To L,Pivot 1/4 R,Rf To R,Cross Lf Over Rf,Hold (12)

Sect:5 Rumba Box Back

1 - 8 Rf To Side R,Close Lf To Rf,Rf Back,Hold,Lf To L,Close Rf To Lf,Lf Fwd,Hold (12)

Sect:6 Diagonal Steps With Touches And Claps

1-4 Rf Fwd Diagonal R,Touch L Toe To Rf (Clap) Lf Fwd Diagonal L,Touch R Toe To Lf (Clap) (12)

5-8 Rf Back Diagonal R,Touch L Toe To Rf (Clap) Lf Back Diagonal L,Touch R Toe To Lf (Clap) (12)

Sect:7 Monterey 1/2, Monterey 1/4

1-8 Point R Toe To R,Pivot 1/2 R,Close Rf To Lf.Point L Toe To L,Close Lf To Rf (6)

5,8 Point R Toe To R.Pivot 1/4 R.Close Rf To Lf,Point L Toe To L,Close Lf To Rf (9)

Sect:8 Swivets R,Swivet L,Swivet R,Swivet R

1-4 Weight On R Heel & L Ball,Swivel Both Feet To R, Return Both Feet To Centre,Weight On L Heel & R Ball,Swivel Both Feet To L,Return Both Feet To Centre (9)

5-8 Repeat Swivet R Twice (9)

Restart On Wall 3 After Sect:3, Restart At 3 O.Clock

Have A Shaking Time !!