

Shake It

拍數: 48 牆數: 4 級數: Beginner WCS
編舞者: Margo LaMotta - May 2011
音樂: Country Girl (Shake It for Me) - Luke Bryan



Alt. music: Lover, Lover by Jerrod Niemann [110 bpm / CD: CD Single /]

Start dancing on lyrics

SLOW STOMPS, FAST STOMPS, DOUBLE STOMP

1-2 Stomp right forward, hold
3-4 Stomp left forward, hold
5-6 Stomp right forward, stomp left forward
7-8 Stomp right in place 2 times

GRAPEVINE RIGHT, STOMP, GRAPEVINE LEFT WITH TURN ¼ LEFT, STOMP

1-4 Step right side, cross left behind, step right side, stomp left together
5-8 Step left side, cross right behind, step left side while doing a ¼ turn to the left, stomp right together

SLIDE RIGHT, 2 KNEE POPS, SLIDE LEFT, 2 KNEE POPS

1-2 Step right side, slide/step left together
3&4 Pop right knee front, straighten right knee, pop left knee front
5-6 Step left side, slide/step right together
7&8 Pop left knee front, straighten left knee, pop right knee front

ROCKING HORSE, ½ PIVOT TURN, 2 WALKS

1-4 Step right front and rock forward, recover to left, step right back and rock back, recover to left
5-6 Step right front, pivot ½ turn to the left changing weight to left
7-8 Walk front right, walk front left

SHAKE HIPS RIGHT, CLAP, SHAKE HIPS LEFT, CLAP

1-4 Step diagonally forward to the right with right, shake hips 3 times, clap
5-8 Step diagonally forward to the left with left, shake hips 3 times, clap

STEP RIGHT TOGETHER, STEP, CLAP; STEP LEFT TOGETHER, STEP, CLAP

1-2 Step right side, step left together
3-4 Step right side, touch left together and clap
5-6 Step left side, step right together
7-8 Step left side, touch right together and clap

REPEAT

Submitted by - Evan VanScoyk: evanvans001@hotmail.com