

Shake It

拍數: 32 牆數: 4 級數: Beginner
編舞者: Jérôme Ciurana (FR) - February 2022
音樂: Girls Love to Shake It - Love and Theft



Déscriptif : on the lyrics or 15 sec do the dance at the end - CCW

[1-8] SIDE RIGHT, BEHIND LEFT, & HEEL & HEEL & STEP 1/2 TURN, LEFT TOE STRUT

1-2 Step RIGHT to right side, Cross LEFT behind right
& Step RIGHT to right side
3&4 LEFT heel forward, Step LEFT beside right, RIGHT heel forward
& Step RIGHT beside left
5-6 Step LEFT forward, Pivot 1/2 turn right [6h]
7-8 LEFT toe forward, Drop LEFT on floor {toe strut}

[9-16] STEP TURN 1/4 TURN, JAZZ BOX CROSS, CHASSE RIGHT

1-2 Step RIGHT forward, Pivot 1/4 turn left [3h]
3-4 Cross RIGHT over left, Step LEFT back
5-6 Step RIGHT to right side, Cross LEFT over right
7&8 Step RIGHT to right side, Step LEFT beside right, Step RIGHT to right side {chasse}

[17-24] ROCK BACK, KICK BALL STEP, STEP 1/2 TURN, LEFT TOE STRUT

1-2 Step LEFT back, Recover weight on RIGHT {rock step}
3&4 Kick LEFT forward, Ball LEFT beside right, Step RIGHT forward {kick ball step}
5-6 Step LEFT forward, Pivot 1/2 turn right [9h]
7-8 LEFT toe forward, Drop LEFT on floor {toe strut}

[25-32] ROCKING CHAIR RIGHT, CROSS POINT RIGHT & LEFT (WITH SHIMMY SHOULDER)

1-2 Step RIGHT forward, Recover weight on LEFT {rock step}
3-4 Step RIGHT back, Recover weight on LEFT {rock step}
5-6 Cross RIGHT over left, Point LEFT to left side
7-8 Cross LEFT over right, Point RIGHT to right side

Style on compt 5 to 8 shimmy shoulder

SHAKE IT !!!!!!!

Les références des heures ne valent que sur le premier mur

Association spirit of country :

spiritofcountry@hotmail.fr
<http://club.quomodo.com/spiritofcountry/bienvenue.html>