

Anderson Shake

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Julie Lockton (ES) & Sebastiaan Holtland (NL) - May 2022
音樂: Think - Chris Anderson



No Tags, No Restarts

Intro: 32 counts, start approx 16 sec.

Part 1 [1-8] R Dorothy Step R, Dorothy Step L ¼ Turn L, Syncopated Rocks R, L.

1,2& Long step R diagonally fwd (1), Step Lf behind Rf (2), Step Rf fwd (&).
3,4& Make ¼ turn L (9.00) and long step Lf fwd (3), Step Rf behind Lf (4), Step Lf fwd (&).
5,6& Rock Rf to R (5), Recover back onto Lf (6), Step Rf beside Lf (&).
7,8 Rock Lf to L (7), Recover back onto Rf (8).

Part 2 [9-16] R Sailor Step L, Knee Pops R, L, Hip Bumps R, L, R.

1&2 Step Lf behind Rf (1), Step Rf to R (&), Step Lf to L (2).
3,4 Pop R knee fwd (3), Step Rf back in place and pop L knee fwd (4).
5,6 Step Lf to L bump L hip to L (5), Bump R hip to R (6).
7,8 Bump L hip to L (7), Bump R hip to R (8).

Part 3 [17-24] Side Rock L, L Behind, Side R ¼ Turn R, Fwd L. Out, Out, Hold, R Back, Hold.

1,2 Rock Lf to L (5), Recover back onto Rf (6).
3&4 Step Lf behind Rf (3), Make ¼ turn R (12.00) step Rf to R (&), Step Lf fwd (4).
&5,6 Rf step diagonally fwd (&), Lf step diagonally fwd (5), Hold (6).
7,8 Step Rf back (7), Hold (8).

Part 4 [25-32] Side L, R Together, L Fwd, Knee Lift R, Jazz Box Across ¼ Turn R.

1,4 Step Lf to L (1), Step Rf beside Lf (2), Step Lf fwd (3), Lift R knee up (4).
5,8 Step Rf across Lf (5), Make ¼ to R (3.00) step Lf back (6), Step Rf to R (7), Step Lf fwd (8).

Choreographer notes: Ideal floor split to

Factor AB (Daniel Whittaker) – Beginner - Improver (2014).

REPEAT THE DANCE AND HAVE FUN!!