

Shake It

拍數: 64 牆數: 2 級數: High Improver
編舞者: Melody Ko (KOR) - June 2022
音樂: Shake It - SISTAR



***1 Restart : After Section 4 on the 5th wall**

(Arm styling is a point if this Choreo, it would be great to check demo if you want to know the details.)

[Sec. 1] Walk Forward(R, L, R, L), Hips Up & Down × 2(1/4 Turn)

1 2 Step forward on RF, Step forward on LF
3 4 Step forward on RF, Step forward on LF
5 6 Hip up to R(Making a 1/4 Turn R and touch with RF diagonally), Hip down to R
7 8 Hip up to R, Hip down to R

*** Arm Styling : point your Fingers up and down(12:00)**

[Sec. 2] Walk Back(R, L, R, L), Hips Up & Down × 2

1 2 Step backward on RF, Step backward on LF
3 4 Step backward on RF, Step backward on LF
*** Arm Styling : Stretch your arms forward**
5 6 Hip up to R(touch with your RF diagonally), Hip down to R
7 8 Hip up to R, Hip down to R

*** Arm Styling : point your Fingers up and down(12:00)**

[Sec. 3] Cross, Triple Steps, Rock & Recover, 1/2 Turn to R, 1/2 Turn to R

1 2 Cross RF over LF, Hold
*** Arm Styling : Stretch your arms up**
3&4 Cross LF over RF, Recover onto RF, Cross LF Over RF
*** Arm Styling : Stretch your arms down**
5 6 Step forward on RF, Recover onto LF
7 8 Make a 1/2 turn R, Make a 1/2 turn R(9:00)

[Sec. 4] Hold, Turn 1/8×2 (Wiggling Your Upper Body)

1 2 3 4 Hold
5 6 Making a 1/8 turn to R
7 8 Making a 1/8 turn to R(6:00)

[Sec. 5] R Points Fwd & R side, R Sailor 1/4 turn, L Points Fwd & L side, L Sailor 1/4 turn

1 2 Point R toe across LF, Point R toe to R
3&4 Making a 1/4 turn R, Step LF Next to RF, Step Forward on RF(9:00)
5 6 Point L toe across RF, Point L toe to L
7&8 Making a 1/4 turn L, Step RF Next to LF, Step Forward on LF(6:00)

*** Arm Styling : Stretch both Arms diagonally**

[Sec. 6] Step Rolling Vine, Bending Knees

1 2 Making a 1/4 Turn R, Making a 1/2 Turn R
3 4 Making a 1/4 Turn R, Step LF next to RF
*** Arm Styling : Strech both Arms diagonally and turn**
5678 Bend your Knees down×4 rolling your shoulders

[Sec. 7] Rock & Recover, Behind, 1/4 Turn to L, Step Forward, Pivot Turn 1/2, Turn 1/4, Together

1 2 Step RF to R, Recover onto LF
3&4 Cross RF Behind LF, Making a 1/4 turn L, Step Forward on LF(3:00)
5 6 Step forward on LF, Making a 1/2 Turn R

7 8 Making a 1/4 turn R, Step RF Next to LF

[Sec. 8] Hold (Wiggling Upper Body), 1/16 Turn*4 (Pointing RF to R)

1 2 3 4 Hold

5 6 Making a 1/16 turn L, Making a 1/16 turn L

7 8 Making a 1/16 turn L, Making a 1/16 turn L(12:00)

*** Arm Styling : Stretch your arms down & Shake your hands back and forth**

Have Fun!

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