

Shake It Fast

拍數: 32 牆數: 2 級數: Improver
編舞者: Aleigha Elston (USA) & Christian Summerfruit (USA) - October 2022
音樂: Moneymaker - Fitz and The Tantrums



[1-8] HEEL SWIVEL (X2) - CROSS - SIDE - 1/4 TURN - POP

- 1, 2 (1) Swivel R heel in, (2) Swivel R heel back to center
- 3, 4 (3) Swivel R heel in, (4) Swivel R heel back to center
- 5, 6 (5) Cross RF over LF, (6) Step LF to L side
- 7, 8 (7) Step RF to LF as you make a 1/4 turn R, (8) Scoot back on balls of both feet, pushing hips back

[9-16] SIDE - TOGETHER - FORWARD - SIDE - TOGETHER - SHAKE (X2)

- 1, 2 (1) Step LF to L side, (2) Step RF to LF
- 3, 4 (3) Step LF forward, (4) Touch RF to LF
- 5, 6 (5) Step RF to R side, (6) Step LF to RF
- 7, 8 (7) Shake, (8) Shake

[17-24] CROSS - POINT - STEP - SCUFF - WALK (X2) - SHAKE

- 1, 2 (1) Cross RF over LF, (2) Point LF to L side
- 3, 4 (3) Step LF forward, (4) Scuff RF
- 5, 6 (5) Step RF forward, (6) Step LF to RF
- 7, 8 (7) Shake, (8) Shake

[25-32] PADDLE TURN 3/4 LEFT - CHEST BUMP

- 1, 2 (1) Keeping weight on L point R toes to R side, (2) Push off RF into 1/4 turn left
- 3, 4 (3) Keeping weight on L point R toes to R side, (4) Push off RF into 1/4 turn left
- 5, 6 (5) Keeping weight on L point R toes to R side, (6) Push off RF into 1/4 turn left
- 7, & 8 (7) Step RF down centering weight on both feet, (&8) Chest bump

TAG Happens on wall 10 facing 6:00. The first 12 counts of the tag are the same steps as the dance, and are followed by a jazz box turning to the front.

After the turning jazz box you will start the dance from the top facing 12:00

[1-8] HEEL SWIVEL (X2) - CROSS - SIDE - 1/4 TURN - POP

- 1, 2 (1) Swivel R heel in, (2) Swivel R heel back to center
- 3, 4 (3) Swivel R heel in, (4) Swivel R heel back to center
- 5, 6 (5) Cross RF over LF, (6) Step LF to L side
- 7, 8 (7) Step RF to LF as you make a 1/4 turn R, (8) Scoot back on balls of both feet, pushing hips back

[9-16] SIDE - TOGETHER - FORWARD - JAZZ BOX 1/4 TURN RIGHT

- 1, 2 (1) Step LF to L side, (2) Step RF to LF
- 3, 4 (3) Step LF forward, (4) Touch RF to LF
- 5, 6 (5) Cross RF over LF, (6) Step LF back
- 7, 8 (7) Step RF to R side making 1/4 turn R, (8) Step LF to RF

LOTS of styling options in this dance! We can't wait to see how fast you can shake it!