

Party Shake

拍數: 100 牆數: 2 級數: Phrased Intermediate
編舞者: Adam Åstmar (SWE) & Malene Jakobsen (DK) - December 2022
音樂: Pretty Lady (feat. Mohombi) - DJ Valdi : (iTunes)



Intro: 44 counts from the beginning 21 sec. seconds into track - dance begins with weight on L

Phrasing: AA B AA tag AA B AA

Tag: There's 1 tag, happens after dancing the 4th. A, you'll be facing 12.00

PART A: 32c

[1-8] Step fwd., kick, back, back, side rock, cross, back, 1/4

1-2 (1) Step fwd. on R (2) kick L fwd. 12.00
3-4 (3) Step back on L, (4) step back on R 12.00
&5-6 (&) Rock L to L, (5) recover onto R, (6) cross over R 12.00
7-8 (7) Step back on R, (8) turn 1/4 L stepping L to L 9.00

[9-16] Point, 1/4, step 1/2 turn, brush, ball, touch, ball, heel, ball step

1-2 (1) Point R to R, (2) turn 1/4 R stepping fwd. on R 12.00
3-4 (3) Step fwd. on L, (4) turn 1/2 R 6.00
5&6 (5) Brush ball of L, (&) step down on L, (6) touch R toes next to R 6.00
&7&8 (&) Step down on R, (7) dig L heel fwd., (&) step L next to R, (8) step fwd. on R 6.00

[17-24] Fwd. rock, 1/4, drag, ball, walk, walk, bounce 1/2

1-2-3-4 (1) Rock fwd. on L, (2) recover onto R, (3) turn 1/4 L stepping L to L, (4) drag R towards L 3.00
&5-6 (&) Step R next to L, (5-6) walk fwd. L, R 3.00
7-8 (7-8) Bounce heels making 1/2 L – weight ends on L 9.00

[25-32] Side rock, ball, side, touch, step, 1/2, 1/4, step fwd.

1-2 (1) Rock R to R, (2) recover onto L 9.00
&3-4 (&) Step R next to L, (3) Step L to L, (4) Touch R next to L 9.00
5 - 6 (&) Step forward on R, (6) turn 1/2 R stepping back on L 3.00
7-8 (7) Turn 1/4 R stepping fwd. on R, (8) step fwd. on L 6.00

Part B : 68c

[1-8] Fwd. with sweep, cross rock, side, step in place x 2, side, step in place x 2

1-2 (1) Step fwd. on R starting to sweep L from back to front, (2) finish the sweep 12.00
3-4 (3) Rock L across R, (4) recover onto R 12.00
5-6& (5) Step L to L, (6) step R next to L, (&) step L next to R 12.00
7-8& (7) Step R to R, (8) step L next to R, (&) step R next to L 12.00

[9-16] Step fwd., hold, 1/2, hold, side, step in place x 2, side,

1-2-3-4 (1) Step fwd. on L, (2) hold, (3) turn 1/2 R, (4) hold 6.00
5-6& (5) Step L to L, (6) step R next to L, (&) step L next to R 6.00
7-8 (7) Step R to R, (8) touch L next to R 6.00

[17-24] Fwd. with sweep, cross rock, side, step in place x 2, side, step in place x 2

1-2 (1) Step fwd. on L starting to sweep R from back to front, (2) finish the sweep 6.00
3-4 (3) Rock R across L, (4) recover onto L 6.00
5-6& (5) Step R to R, (6) step L next to R, (&) step R next to L 6.00
7-8& (7) Step L to L, (8) step R next to L, (&) step L next to R 6.00

[25-32] Step fwd., hold, 1/2, hold, out, out, in, in, brush hands on thighs

- 1-2-3-4 (1) Step fwd. on R, (2) hold, (3) turn 1/2 L, (4) hold 12.00
5-6&7 (5) Step out on R, (6) step out on L, (&) step in on R, (7) step L next to R 12.00
8& (8) Brush R hand backwards on the outside of R thigh. (&) brush L hand backwards on the outside of L thigh.

[33-40] Fwd. rock, coaster cross, side rock, behind, 1/4, step

- 1-2 (1) Rock fwd. on R, (2) recover onto L 12.00
3&4 (3) Step back on R, (&) step L next to R, (4) cross R over L 12.00
5-6 (5) Rock R to R, (6) recover into L 12.00
7&8 (7) Cross L behind R, (&) turn 1/4 R stepping fwd. on R, (8) step fwd. on L 3.00

[41-48] Fwd. rock, coaster cross, side rock, behind, side, cross

- 1-2 (1) Rock fwd. on R, (2) recover onto L 3.00
3&4 (3) Step back on R, (&) step L next to R, (4) cross R over L 3.00
5-6 (5) Rock R to R, (6) recover into L 3.00
7&8 (7) Cross L behind R, (&) step R to R, (8) cross L over R 3.00

[49-56] Stomp, shimmy shoulders, sailor 1/4 step, stomp, shimmy shoulders, sailor 1/4 step

- 1-2 (1) Stomp R to R, (2) shimmy your shoulders 3.00
3&4 (3) Turn 1/4 L stepping back on, (&) step R to R, (4) step fwd. on L 12.00
5-6 (1) Stomp R to R, (2) shimmy your shoulders 12.00
7&8 (3) Turn 1/4 L stepping back on, (&) step R to R, (4) step fwd. on L 9.00

[57-64] Stomp, shimmy shoulders, sailor 1/4, run 1/2 L

- 1-2 (1) Stomp R to R, (2) shimmy your shoulders 9.00
3&4 (3) Turn 1/4 L stepping back on, (&) step R to R, (4) step fwd. on L 6.00
5&6&7&8& (5&6&7&8&) Run 1/2 around turning left to the front R, L. R, L, R, L, R, L 12.00

[65-68] Together & bend knees, hold, clap

- 1-2-3-4 (1) Close R next to L and bend knees, (2) Straighten knees, (3) Hold, (4) Clap your hands 12.00

TAG: Rocking chair

- 1-2-3-4 (1) Rock fwd. on R, (2) recover onto L, (3) rock back on R, (4) recover onto L
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