Shake It For Me (variation)

級數: Improver

編舞者: Larry Bass (USA)

拍數: 32

音樂: Country Girl (Shake It for Me) - Luke Bryan

A variation of Larry's dance by an unknown author

Kick Ball Cross 1 & 2 3 & 4 5 & 6	s, Step Right Foot to Right Side into Hips (x2), ¼ Turn Sailor Step, Right Shuffle Kick Right Foot, Step Down on Ball of Right Foot, Step Left Foot Across Right Step Out To The Right Side With Right Foot Into Double Hips To Right Right Sailor Step with ¼ Turn To Left (Back Right, Back Left, Forward Right)
7 & 8	Shuffle Forward (Right, Left, Right)
	vise, ½ Turn Clockwise, ½ Turn Clockwise, Coaster Step
1 2	Step Left Forward Into ¼ Turn Clockwise Hold
2 3	Swing Right Foot Behind Left Into ½ Turn Clockwise
4	Hold
5	Swing Left Foot In Front of Right Foot Into ½ Turn Clockwise
6	Hold
7 & 8	Step Left Foot Back Into Left Coaster Step (Back Left, Back Right, Forward Left)
Step Pivot Ste	an Pivot Shuffle Forward Sten Pivot
Step Pivot, Ste	e p Pivot, Shuffle Forward, Step Pivot Step Right Foot Forward
1	Step Right Foot Forward
1 2	Step Right Foot Forward 1⁄2 Turn Counterclockwise
1 2 3	Step Right Foot Forward ¹ / ₂ Turn Counterclockwise Step Right Foot Forward
1 2 3 4	Step Right Foot Forward ¹ / ₂ Turn Counterclockwise Step Right Foot Forward ¹ / ₂ Turn Counterclockwise
1 2 3 4 5 & 6	Step Right Foot Forward ¹ / ₂ Turn Counterclockwise Step Right Foot Forward ¹ / ₂ Turn Counterclockwise Shuffle Forward, (Right, Left, Right)
1 2 3 4 5 & 6 7 8	Step Right Foot Forward ¹ / ₂ Turn Counterclockwise Step Right Foot Forward ¹ / ₂ Turn Counterclockwise Shuffle Forward, (Right, Left, Right) Step Left Foot Forward ¹ / ₂ Turn Clockwise
1 2 3 4 5 & 6 7 8 Shuffle Forwar	Step Right Foot Forward ¹ / ₂ Turn Counterclockwise Step Right Foot Forward ¹ / ₂ Turn Counterclockwise Shuffle Forward, (Right, Left, Right) Step Left Foot Forward ¹ / ₂ Turn Clockwise rd, Rock Step, Coaster Step, ³/₄ Turn
1 2 3 4 5 & 6 7 8 Shuffle Forwar 1 & 2	Step Right Foot Forward ¹ / ₂ Turn Counterclockwise Step Right Foot Forward ¹ / ₂ Turn Counterclockwise Shuffle Forward, (Right, Left, Right) Step Left Foot Forward ¹ / ₂ Turn Clockwise rd, Rock Step, Coaster Step, ³/₄ Turn Shuffle Forward (Left, Right, Left)
1 2 3 4 5 & 6 7 8 Shuffle Forwar	Step Right Foot Forward ¹ / ₂ Turn Counterclockwise Step Right Foot Forward ¹ / ₂ Turn Counterclockwise Shuffle Forward, (Right, Left, Right) Step Left Foot Forward ¹ / ₂ Turn Clockwise rd, Rock Step, Coaster Step, ³/₄ Turn

- 5 & 6 Step Back On Right Foot Into Coaster Step (Back Right, Back Lett, Forward Right)
- 7 Step Left Foot Behind Right (With Weight On Toe Of Left Foot)
- 8 Pivot (Turn) ³⁄₄ Turn Counterclockwise

Repeat and Enjoy!





牆數:4