

Shake Things Up

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Debbie Beck (USA) & Lacey Key (USA) - July 2023
音樂: Might As Well Be Me - Brothers Osborne



Intro: 16 Counts

[1-8] R HEEL GRIND, R COASTER, L HEEL GRIND, L COASTER

1,2 Touch R heel fwd with toes facing in, swivel toes out while turning $\frac{1}{4}$ R (3:00)
3&4 Step R back, Step L beside R, Step R forward
5,6 Touch L heel fwd with toes facing in, swivel toes out while turning $\frac{1}{4}$ L (12:00)
7&8 Step L back, Step R beside L, Step L forward

[9-16] R STEP FWD, $\frac{1}{2}$ PIVOT L, STOMP R & L, HIP ROLLS w/BUMPS (x2)

1,2 Step R forward, Pivot $\frac{1}{2}$ to L (6:00)
3,4 Stomp R, Stomp L
5,6 Step R to R while rolling hips from L to R, Bump L hip up L
7,8 Roll hips from R to L transferring weight to L, Bump R hip up R

[17-24] TOE SWITCHES R&L, HEEL SWITCHES R&L, $\frac{1}{8}$ HIP ROLL(2X)

1& Touch R toe to the side, step R together,
2& Touch L to the side, step L together,
3& Touch R heel forward, step R together,
4& Touch L heel forward, step L together
5,6 Step R forward, hip roll $\frac{1}{8}$ turn L (weight to L)
7,8 Step R forward, hip roll $\frac{1}{8}$ turn L (weight to L)

[25-32] SIDE ROCK, BEHIND, SIDE, CROSS, SIDE ROCK, BEHIND, $\frac{1}{2}$ UNWIND

1,2 Rock R to R, Recover weight on L
3&4 Cross R behind L, Step L to L, Cross R over L
5,6 Rock L to L, Recover weight on R
7,8 Cross L behind R, $\frac{1}{2}$ Unwind to L (9:00) finish with weight on L

BEGIN AGAIN!

*Restart - Wall 3 after 16 counts facing 6:00

Styling option for last 8 counts -

[25-32] SIDE ROCK-RECOVER, CROSSING SHUFFLE, SIDE ROCK-RECOVER,

1,2 Rock R to R, Recover weight on L
3&4 Cross R over L, Step L to L, Cross R over L
5,6 Rock L to L, Recover weight on R
7&8 Turn $\frac{1}{2}$ turn L, Step R (or stomp)

Last Update: 21 Aug 2023