

Swiftie Shakes

拍數: 64 牆數: 2 級數: Improver
編舞者: Zan Tan (SG) - March 2024
音樂: Shake It Off - Taylor Swift



Intro: 16 cts

Restart: After 32 cts of wall 3, restart wall 4 at 12:00

Bridge: During wall 7, after the first 4 cts of section 8.

Section 1: Toe Struts travelling to L side, Jazz Box Cross

1-4 R toe touch across LF (1), step down RF (2), L toe touch to L side (3), step down LF (4)
5-8 Cross RF over L (5), step LF back (6), step RF to side (7), cross LF over R (8)

Section 2: Side Touches, Side Together ¼ R turn Brush

1-4 Step RF to side (1), touch LF beside R (2), step LF to side (3), touch RF beside L (4)
5-8 Step RF to side (5), step LF next to RF (6), ¼ turn R stepping RF fwd (7), brush LF fwd (8)

Section 3: Toe Struts travelling to R side, Jazz Box Cross

1-4 L toe touch across RF (1), step down LF (2), R toe touch to R side (3), step down RF (4)
5-8 Cross LF over R (5), step RF back (6), step LF to side (7), cross RF over L (8)

Section 4: Side Touches, Side Together ¼ L turn Brush

1-4 Step LF to side (1), touch RF beside L (2), step RF to side (3), touch LF beside R (4)
5-8 Step LF to side (5), step RF next to LF (6), ¼ turn L stepping LF fwd (7), brush RF fwd (8)

*Restart: After section 4 of wall 3.

Section 5: R mambo, Hold, L mambo, Hold

1-4 Rock RF fwd (1), recover on LF (2), step back on RF (3), hold (4)
5-6 Rock LF backward (5), recover on RF (6), step LF fwd (7), hold (8)

Section 6: Pivot ½ L, Walk R L, Swivel R heel toward LF, Hitch R

1-4 Step RF fwd (1), pivot ½ L recover on LF (2), step RF fwd (3), step LF fwd slight bigger step
and face R diagonal (4)
5-6 Swivel R heel in towards LF (5), swivel R toe in towards LF (6), swivel R heel in towards LF
(7), hitch R (8)

Section 7: R Diagonal Back, touch L, L Diagonal back, touch R, Lindy step to R

1-4 Step RF diagonally backwards (1), touch LF next to RF (2), step LF diagonally backwards
(3), touch RF next to LF (4)
5&6 Step RF to side (5), step LF next to R (&), step RF to side (6)
7 – 8 Rock LF backwards (7), recover on RF (8)

Section 8: Lindy step to L, Swivel RLR, Flick R

1&2 Step LF to side (1), step RF next to L (&), step LF to side (2)
3 – 4 Rock RF backwards (3), recover on LF (4)

*Bridge: During wall 7, you will face 12:00 to below 8cts.

5-8 Step RF to side (5), swivel heels to R (6), swivel heels to L (7), swivel heels to R and flick RF
to side (8)

Bridge: 8 cts

1 - 4 Bump hips to R (1), hold (2), bump hips to L (3), hold (4)
5 – 6 repeat 1-4

Enjoy!

