

# My Body Shake

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Harry Samana (INA) - March 2024  
音樂: We're On Our Way - LÖNIS & Daphne Willis



**\*\*2 tags & 1 Restart**

**Intro : 32 Counts**

**S.I = TRIPLE FWD ( R-L-R ) , MAMBO FWD , COASTER TOUCH , HIP BUMP**

1&2            Step R fwd – step L fwd – step R fwd  
3&4            Rock L fwd – recover on R – step L back  
5&6            Step R back – Next L to R - Toe Touch R fwd  
&7&8           Hips bump R Up & down 4 time

**S.II = CROSS TOUCH , SIDE TOUCH , CROSS TOUCH , SIDE , CROSS TOUCH , SIDE TOUCH , CROSS TOUCH , SIDE**

1 2            Cross Touch R over L – touch R to R side  
3 4            Cross touch R over L – step R to R side  
5 6            Cross Touch L over L – touch R to R side  
7 8            Cross touch R over L – step R to R side

**S.III = ROCK BACK , SIDE , ROCK BACK , SIDE , MAMBO SIDE R – L , TOUCH**

1&2            Rock R back – recover on L – step R to R side  
3&4            Rock L back – recover on R – step L to L side  
5&6            Rock R to R side – recover on L – next R to L  
&7&8            Rock L to L side – recover on R – next L to R – Next Touch R to L

**#RE-START AFTER ON 24C Wall 3**

**S.IV = CROSS , SIDE , CROSS SHUFFLE , POINT R – L , TWIST TURN ¼**

1 2            Cross R over L – step L yo L side  
3&4            Cross R over L – ball L behind R – cross R over L  
5&6&            Point R to R side – next R to L - point R to R side – next R to L  
7&8            Turn L ¼ Both heel swivel R – both toes swivel R – turn L ¼ both heel swivel R

**TAG = After Wall 1 dan after wall 2**

**# CHARLESTON TOUCH DOBLE**

1 2            Step R fwd – touch L fwd  
3 4            step L back – touch R back  
5 6            Repeat movemant (1-2)  
7 8            Rapat movemant ( 3 4 )

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**Enjoy you Dance**

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