

Shake It Girls

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Sophie Stevens (UK) & Jacquie Winchester (UK) - August 2024
音樂: Country Girl (Shake It for Me) - Luke Bryan



#32 Count Intro

SEC 1 Walk, Walk, Anchor Step, Back Knee Pop, Back Knee Pop, ¼ Weave

- 1-2 Step right forward, step left forward
- 3&4 Rock right back, recover weight onto left, step right back
- 5 Step left back popping right knee forward
- 6 Step right back popping left knee forward
- 7&8 Step left back, turn ¼ right step right to right, cross left over right (3:00)

SEC 2 Dorothy Step, Dorothy Step, ½ Monterey

- 1-2& Step right forward to right diagonal, lock left behind right, step right forward
- 3-4& Step left forward to left diagonal, lock right behind left, step left forward
- 5-6 Point right to right, turn ½ right step right beside left (9:00)
- 7-8 Point left to left, step left beside right

SEC 3 Stomp, Hold, Weave, Stomp, Hold, Weave

- 1-2 Stomp right to right, hold
- 3&4 Step left behind right, step right to right, cross left over right
- 5-6 Stomp right to right, hold
- 7&8 Step left behind right, step right to right, step left forward

SEC 4 Step, ½ Pivot, Step, ¼ Pivot, Rocking Chair

- 1-2 Step right forward, pivot ½ left transferring weight on to left (3:00)
- 3-4 Step right forward, pivot ¼ left transferring weight on to left (12:00)
- 5-6 Rock right forward, recover weight onto left
- 7-8 Rock right back, recover weight onto left

SEC 5 Full Turn Diamond

- 1&2 Cross right over left, step left to left, turn ⅛ right step right back (1:30)
- 3&4 Turn ⅛ right step left behind right, step right to right, turn ⅛ right cross left over right (4:30)
- 5&6 Turn ⅛ right cross right over left, step left to left, turn ⅛ right step right back (7:30)
- 7&8 Turn ⅛ right step left behind right, step right to right, turn ¼ right step left forward (12:00)

SEC 6 Side Mambo, Side Mambo, ¼ Paddle x4

- 1&2 Rock right to right, recover weight onto left, step right beside left
- 3&4 Rock left to left, recover weight onto right, step left beside right
- 5-6 Turn ¼ left point right to right, turn ¼ left point right to right (6:00)
- 7-8 Turn ¼ left point right to right, turn ¼ left point right to right (12:00)

SEC 7 Heel Switches, Heel Hook Heel, ¼ Together, Heel Switches, Heel Hook Step

- 1& Touch right heel forward, step right beside left
- 2& Touch left heel forward, step left beside right
- 3&4 Touch right heel forward, hook right over left, touch right heel forward
- & Turn ¼ left step right beside left
- 5& Touch left heel forward, step left beside right
- 6& Touch right heel forward, step right beside left (9:00)
- 7&8 Touch left heel forward, hook left over right, step left forward

SEC 8 Kick Ball Change, Kick Ball Change, Extended Weave, Touch

- 1&2 Kick right forward, step right beside left, step left forward
3&4 Kick right forward, step right beside left, step left forward
5&6& Cross right over left, step left to left, step right behind left, step left to left
7&8 Cross right over left, step left to left, touch right beside left

Ending After 40 counts of Wall 6

- 1-2 Turn $\frac{1}{4}$ right stomp right to right, stomp left to left

Last Update - 28 Oct. 2024 -R1
