

Shake It and Move

COPPER KNOB
STEPSHEETS

拍數: 128 牆數: 2 級數: Phrased Intermediate
編舞者: Amy Glass (USA) & Shane McKeever (N.IRE) - May 2024
音樂: I Got It - Juliet Roberts : (iTunes)



Pattern: ABC, ABC, BC

Intro: 8 counts

Part A (48 Counts) (Rumba Box)

[1-8] R Rumba Box, Step Touch x2 with ¼ L

1-2-3-4 Step RF to R, Close LF next to RF, Step RF fwd, Touch LF next to RF

5-6-7-8 Step LF to L, Touch RF next to LF, Step RF to R, Touch LF next to RF while opening ¼ L (9:00)

[9-16] Shuffle ¼ L, Hold, Chase ½ L, Hold

1-2-3-4 Step LF to L, Close RF next to LF, Turn ¼ L while stepping LF Fwd, Hold (6:00)

5-6-7-8 Step RF fwd, Pivot ½ L, Step RF fwd, Hold (12:00)

[17-24] L Rumba Box, Step Touch x2 with ¼ R

1-2-3-4 Step LF to L, Close RF next to LF, Step LF fwd, Touch RF next to LF

5-6-7-8 Step RF to R, Touch LF next to RF, Step LF to L, Touch RF next to LF while opening ¼ R (3:00)

[25-32] Shuffle ¼ R, Hold, Chase ½ R, Hold

1-2-3-4 Step RF to R, Close LF next to RF, Turn ¼ R while stepping RF Fwd, Hold (6:00)

5-6-7-8 Step LF fwd, Pivot ½ R, Step LF fwd, Hold (12:00)

[33-40] Toe Strut w/ Snaps, Rock Side Recover, Toe Strut w/ Snaps, Rock Side Recover

1-2-3-4 Touch R toe in front of LF (arms up, bent at elbows-hands at eye level), Drop R heel (lower both hands while snapping fingers), Rock LF to L, Recover weight on RF

5-6-7-8 Touch L toe in front of RF (arms up, bent at elbows-hands at eye level), Drop L heel (lower both hands while snapping fingers), Rock RF to R, Recover weight on LF

[41-48] ½ Turn R Diamond (Cross, Back, Side, Hitch, Behind, Side, Forward, Hold)

1-2-3-4 Cross RF over LF, Step LF back opening up ⅙ R (1:30), Step RF to R while completing ¼ R (3:00), Hitch L Knee

5-6-7-8 Cross LF behind RF, Step RF to R starting to turn ¼ R (4:30), Step LF fwd while completing ¼ R (6:00), Hold

Part B (32 Counts) (Shake It & Move)

[&1-8] Out, Out, Hip LRL, Hitch L w/ ¼ L, (Out L) Hip LRL

&1-2-3-4 Step Out R, Step out L, Bump hips to L (2), Bump Hips to R (3), Bump hips to L (4)

5-6-7-8 Weight R hitching L knee turning ¼ L (5), Step L to L side bumping L hip (6), Bump hips R (7), Bump hips L (8) (3:00)

[9-16] Hitch R w/ ¼ L, (Out R) Hip RLR, Close, Body Roll From Top to Bottom

1-2-3-4 Hitch R with ¼ L, Step RF to R, Hip L, Hip R,

5-6-7-8 Close LF next to RF (12:00) Body roll from top to bottom (weighting R)

[17-24] Step LF Out, Swivel RF In (Heel, Toes, Heel), ¼ R Step RF Out, Swivel LF In (Toes, Heel, Toes)

1-2-3-4 Step LF to L, Swivel R Heel in, Toes in, Heel in

5-6-7-8 Turn ¼ R while stepping RF to R, Swivel L Toes in, Heel In, Toes In (3:00)

[25-32] ¼ R Step LF Out, Swivel RF In (Heel, Toes, Heel), Step RF Out, Hold, Hip Roll

1-2-3-4 ¼ R Stepping LF Out, Swivel R Heel in, Toes in, Heels In (6:00)
5-6 Step RF to R, Hold (weight L)
7-8 Full hip circle, counter clockwise (weighting L)

Part C (48 Counts) (Yeah, Yeah, Yeah...)

[1-8] Cross, Side, Behind, Side, Cross, Sweep, Cross, Side

1-2-3-4 Cross RF over LF, Step LF to L, Cross RF behind LF, Step LF to side
5-6-7-8 Cross RF over LF, Sweep LF from back to Front, Cross LF over RF, Step RF to R

[9-16] Behind, Side, Cross, Side, Behind, Sweep, Behind, Forward (with ¼ L)

1-2-3-4 Cross LF behind RF, Step RF to R, Cross LF over RF, Step RF to R
5-6-7-8 Cross LF behind RF, Sweep RF from front to back, Cross RF behind LF, Turn ¼ L Stepping LF Fwd (3:00)

[17-24] Out, Out, In, Cross, Side, Hold, Rock Back, Recover

1-2-3-4 Step RF Out, LF out, Step RF In, Cross LF over RF
5-6-7-8 Step RF to R, Hold, Rock LF behind RF, Recover weight fwd on RF

[25-32] ¼ R, Hold, Rock Back, Recover, ½ L, Hold, Rock Back, Recover

1-2-3-4 Open up ¼ R while stepping LF back, hold, Rock RF back, Recover weight fwd to LF (6:00)
5-6-7-8 Turn ½ L stepping back on RF, Hold, Rock LF back, recover weight fwd to RF (12:00)

[33-40] Full Turn R, Hold, R Mambo Fwd, Hold

1-2-3-4 Turn ½ R (6:00) stepping back on LF, Turn ½ R (12:00) stepping RF fwd, Step Fwd on LF, Hold
5-6-7-8 Rock RF fwd, Recover weight on LF, Close RF next to LF, Hold

[41-48] L Coaster, Hold, Step Fwd, Touch, ½ L Touch

1-2-3-4 Step LF back, Close RF next to LF, Step LF fwd, Hold
5-6-7-8 Step RF fwd, Touch LF next to RF, Turn ½ L stepping LF fwd, Touch RF next to LF (6:00)
