

Monster Shake

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Candace Jajo-Burns (USA) - October 2024
音樂: I'm In Love With a Monster - Fifth Harmony



S1 Toe Struts x 4 moving to the R

1-2 (With body facing 1:00) Step R toes to R, step down on RF
3-4 Step L toes to R, step down on LF
5-6 Step R toes to R, step down on RF
7-8 Step L toes to R, step down on LF

***Option to make toe struts hip bumps**

S2 Jump R, Clap, Jump L, Jump R, Clap, Point LF to L, Touch LF next to RF

&1-2 (with body facing 12:00) Step RF to R, touch LF next to RF, clap
&3-4 Step LF to L, touch RF next to LF, clap
&5-6 Step RF to R, touch LF next to RF, clap
7-8 Point LF to L, touch LF next to RF

S3 Grapevine L with ¼ turn L, bump hips R x 2, bump hips L x 2

1-2 Step LF to L, step RF behind LF
3-4 Step LF to L making a ¼ turn (9:00), touch RF next to LF
5&6 Bump hips to R, shift hips back to center, bump hips to R
7&8 Bump hips to L, shift hips back to center, bump hips to L

S4 Stomp RF to R diagonal, swivel LF towards RF, Stomp LF to L diagonal, swivel RF towards LF

1-2 Stomp RF to R diagonal, swivel L heel towards RF
3-4 Swivel L toes towards RF, swivel L heel towards RF
5-6 Stomp LF to L diagonal, swivel R heel towards LF
7-8 Swivel R toes towards LF, swivel R heel towards LF

Song ends a bit odd, so feel free end the dance after the toe struts on wall 15

YouTube: PHX Dance with Candace

Facebook: PHX Dance

Instagram: @phxlivedance