

# Shake It Off

拍數: 32      牆數: 2      級數: Beginner  
編舞者: DJ Line Dance (USA) - February 2025  
音樂: Shake It Off - Taylor Swift  
或: Sweet but Psycho - Ava Max



## Part 1

1234      R Vine Twist  
1      R side step  
2      L cross behind R  
3      R side step  
4      L (twist) R together  
5678      Spinning L vine - 5 L side step, 6 Left 180 degree R cross in front L, 7 Left 180 degree L cross behind R, 8 L R together

## Part 2

1      Upper arm pumps R hip shake  
2      R hip shake  
3      Upper arm pumps L hip shake  
4      L hip shake  
5      Arms down on each side R side step  
6      L on ground heel tap inward  
7      Arms down on each side L side step  
8      R on ground heel tap inward

## Part 3

1      Lean right low hand shakes  
2      Low hand shakes  
3      Lean left high hand shakes  
4      High hand shakes  
5      Lean right low hand shakes  
6      Low hand shakes  
7      Lean left high hand shakes  
8      High hand shakes

## Part 4

1&      R forward, L behind R  
2      R forward  
3&      L forward, R behind L  
4      L forward  
5      R forward  
6      Left 180 degree pivot on R  
7      R home stomp  
8      R stomp