

Shake (Shake-Shake)

拍數: 32 牆數: 4 級數: Advanced
編舞者: Hiroko Carlsson (AUS) - February 2025
音樂: Shake - Fantomel : (Spotify/YouTube Music/Amazon Music/Deezer)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(Intro: 40 counts)

[S1] -Side Dip-Point, Shimmy Shoulder (Side Rock), 3x Back Hop-Back-2x Back Hop-Back Rock

1 2 Step/dip down R to the side, Recover and point L toes to the side
3&4& Lunge L and shimmy shoulder forward on L-R-L (3&4), Replace weight on R (&)
5&6& Hop back 3 times on left foot (travelling backwards) (5&6), Step back on R (&)
7& Hop back 2 times on left foot (travelling backwards)
8& Rock back on R, Replace weight on L

[S2] Step-Lock, 1/4R Step-Lock-Step, Fwd-Step-Pivot 1/2L-Together, Heel Twists turning 1/8L

1 2 Step forward on R, Lock L behind R
3&4 Making a ¼ turn right step R- lock L behind- R (3:00)
5& Step forward on L, Step forward on R
6& Make a ½ turn left recover weight on L (9:00), Step R next to L
7& Twist both heels to the right-left
8 Twist both heels to the left turning ⅛ left weight ends on R (7:30)

[S3] Back, Back Rock, Samba 3/8R Turn, Cross-Side-Behind-1/4R-1/4R-Behind Rock

1 2& Step back on L, Rock back on R, Replace weight on L
3&4 Make a ⅛ turn right stepping forward on R (9:00), Make a ¼ turn right samba rock L to the side (12:00), Replace weight on R
5&6& Cross L over R, Step R to the side, Step L behind R, Make a ¼ turn right stepping forward on R (3:00)
7&8 Make a ¼ turn right stepping L to the side (6:00), Rock R behind L, Replace weight on L

[S4] Side Rock Turn 1/4L, 1/4L Shuffle Back-1/4L-Cross-Side-Behind Rock-Side-Behind-Side-Cross-

1 2 Rock R to the side making a ¼ turn left (3:00), Replace weight on L
3&4& Making a ¼ turn left shuffle back on R-L-R (12:00), Make a ¼ turn left ball step on L (9:00)
5&6& Cross R over L, Step L to the side, Rock R behind L, Replace weight on L
7&8& Step R to the side, Step L behind R, Step R to the side, Cross L over R

Tag (8 Counts) at the end of Wall 8 (12:00) - (Dip Point, Shimmy Shoulder Rock-Recover) R-L

1 2 Dip on R, Point L to the side
3&4 Shimmy shoulders while rocking L to the side (3&4), Recover weight on R
5 6 Dip on L, Point R to the side
7&8& Shimmy shoulders while rocking R to the side (7&8), Recover weight on L

Ending Suggestion: The last wall finishes facing at 9:00. Quick ¼ turn right stepping forward on R (12:00).

(updated: 25/Feb/25)