

The Milk Shake

拍數: 32 牆數: 4 級數: Beginner
編舞者: Christopher J. Spicer (USA)
音樂: All Shook Up - Elvis Presley



WALK FORWARD (TOE TAPS WITH STEPS) WHILE SNAPPING

1-2 Tap right toe forward while snapping with right hand, step right foot forward
3-4 Tap left toe forward, step left foot forward
5-6 Tap right toe forward while snapping with right hand, step right foot forward
7-8 Tap left toe forward, step left foot forward

JAZZ BOX, HOLD, JAZZ BOX, TOUCH

1-2 Cross right foot over left foot, step left foot back
3-4 Step right foot back to center, hold
5-6 Step left foot over right foot, step right foot back
7-8 Step left foot back to center, touch right foot next to left foot

SHUFFLE RIGHT, ROCK RECOVER, SHUFFLE LEFT, ROCK RECOVER

1&2 Step right to right side, step left next to right, step right to right side
3-4 Rock left foot behind right foot, recover weight on right foot
5&6 Step left to left side, step right next to left, step left to left side
7-8 Rock right foot behind left foot, recover weight on left foot

STEP, HOLD, STEP, HOLD, ¼ SHUFFLE, ½ TURN HITCH

1-2 Step right foot to right side, hold
3-4 Step left foot behind right foot, hold
5&6 Step right foot to right side while making a ¼ turn to the right, step left foot next to right foot, step right foot forward
7-8 Make a ½ turn to the right while stepping back on the left foot, hitch right knee

REPEAT

OPTIONAL:

On the 3rd, 7th and 8th wall, replace the second set of eight counts with this set of eight counts and then continue the remainder of the dance

1-2 Cross right foot over left foot, hold
3-4 Step left foot back, hold
5-8 While placing right foot beside left, bump hips right left, right, left (weight remains on left foot)