

S & S Shake

拍數: 68 牆數: 2 級數:
編舞者: Sue Gerrits (USA) & Sonja Palmer (USA)
音樂: The Shake - Neal McCoy



HIP BUMPS, HOLD, HIP ROLLS

1-3 Right hip bumps
4 Hold and clap
5-6 Hip roll
7-8 Hip roll

TOE & TOE

9& Right toe touch next to left, together
10 Left toe touch next to right

LEFT ROLLING VINE, RIGHT VINE WITH ½ TURN

11 Step left on left foot turning ¼ left
12 Cross right foot over left foot pivoting ½ left
13 Step left on left foot turning ¼ left
14 Touch right foot beside left foot
15 Step right on right foot
16 Cross left foot behind right foot
17 Step right on right foot with ½ turn to right
18 Touch left foot beside right foot

KNEE POPS

19 Right knee pop
20 Hold
21 Left knee pop
22 Hold
23 Right knee pop
24 Left knee pop
25 Right knee pop
26 Hold

JUMP BACK - RIGHT & LEFT, HOLD

27& Right & left back jump
28 Hold and clap

FORWARD, TOUCH, BACK, TOUCH, FORWARD, TOUCH, FORWARD, TOGETHER

29 Right forward step
30 Left toe touch next to right and clap
31 Left back step
32 Right toe touch next to left and clap
33 Right forward step
34 Left step next to right and clap
35 Right forward step
36 Left step next to right and clap

BACK, TOUCH, FORWARD, TOUCH, BACK, TOUCH, BACK, TOGETHER

37 Left back step

- 38 Right toe touch next to left and clap
- 39 Right forward step
- 40 Left toe touch next to right and clap
- 41 Left back step
- 42 Right step next to left and clap
- 43 Left back step
- 44 Right step next to left and clap

SIDE TOUCHES

- 45 Right side toe touch
- 46 Together
- 47 Right side toe touch
- 48 Together
- 49 Left side toe touch
- 50 Together
- 51 Left side toe touch
- 52 Together

FORWARD HEEL, TOGETHER, BACK TOUCH, TOGETHER

- 53 Right forward heel
- 54 Together
- 55 Left back toe touch
- 56 Together

FUNKY SWAYS

- 57-60 Left funky sway (sway down and up, scoop arms right to left)
- 61-64 Right funky sway (sway down and up, scoop arms left to right)

HIP BUMPS, HOLD

- 65-67 Left hip bumps
- 68 Hold and clap

REPEAT

The three left hip bumps with a clap (end of pattern) and the three right hip bumps with a clap (beginning of pattern) should coincide with the lyrics "shake it to the left, shake it to the right".
