

Sh-Sh Shake That

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 2 級數: Intermediate hip hop
編舞者: Susan Webb (USA)
音樂: Disco Inferno - 50 Cent



Sequence: AAB, AAB, Tag, AAB, AAB

SECTION A

Danced on chorus

RIGHT KICK BALL STEP TWICE, ANGLED HIP BUMPS

1&2 Kick right foot forward, step on ball of right foot, step left foot forward
3&4 Kick right foot forward, step on ball of right foot, step left foot forward
5&6 Step right foot forward angling body slightly left, bumps hips forward back forward
7&8 Step left foot forward angling body slightly right, bumps hips forward back forward

HIP BUMPS RIGHT-LEFT-RIGHT, ½ TURN, HIP BUMPS LEFT-RIGHT-LEFT, REPEAT

& Count before 3 and 7 is turn

1&2 Step right foot to right side bumping hips right left right
&3&4 Turn ½ turn right on ball of right foot, step left foot to left side, bump hips left right left
5&6 Step right foot to right side bumping hips right left right
&7&8 Turn ½ turn right on ball of right foot, step left foot to left side, bump hips left right left

SECTION B

ANGLED SHUFFLES, CROSS UNWIND HALF TURN LEFT, COASTER STEP

1&2 Step right forward angled slightly right, step ball of left next to right, step right forward
3&4 Step left forward angled slightly left, step ball of right next to left, step left forward
5-6 Cross right foot over left, unwind ½ turn left, shifting weight to right foot
7&8 Step left foot back, step right foot beside right, step left foot forward

¼ TURN WITH HIP BUMPS, ½ TURN WITH HIP BUMPS, SAILOR STEPS

& Count before 1 and 3 is turn

&1&2 Turn ¼ turn left on ball of left foot, step right to right side, bumps hips right left right
&3&4 Turn ½ turn left on ball of right foot, step left to left side, bump hips left right left
5&6 Step ball of right foot behind left, step left foot to left side, step right foot to right side
7&8 Step ball of left foot behind right, step right foot to right side, step left foot to left side

HIP BUMPS, ½ TURN RIGHT WITH HIP BUMPS, SAILOR STEPS

& Count before 3 is turn

1&2 Step right to right side, bumps hips right left right
&3&4 Turn ½ turn right on ball of right foot, step left to left side, bump hips left right left
5&6 Step ball of right foot behind left, step left foot to left side, step right foot to right side
7&8 Step ball of left foot behind right, step right foot to right side, step left foot to left side

TRAVELING KICK BALL POINTS, ROCK RECOVER ¼ TURN RIGHT, LEFT-RIGHT-LEFT CROSS SHUFFLE

1&2 Kick right foot forward, step ball of right foot in front of left, point left foot to left side
3&4 Kick left foot forward, step ball of left foot in front of right, point right foot to right side
5&6 Rock ball of right foot forward, recover weight to left foot, turn ¼ turn right stepping right to right side
7&8 Cross left foot over right, step right foot to right side, cross left foot over right

SIDE ROCK RECOVER CROSSES, FORWARD ROCK RECOVER ½ TURN RIGHT, STEP ½ TURN STEP RIGHT

- 1&2 Rock ball of right to right side, step ball of left to left side, cross right foot in front of left
3&4 Rock ball of left to left side, step ball of right to right side, cross left foot in front of right
5&6 Rock right foot forward, recover weight on left foot, turn ½ right stepping forward on the right foot
7&8 Step ball of left forward, turn ½ turn right stepping right foot forward, step left forward

ANGLED SHUFFLES, BODY ROLLS

- 1&2 Step right forward angled slightly right, step ball of left next to right, step right forward
3&4 Step left forward angled slightly left, step ball of right next to left, step left forward
5&6 Step right foot to right side with body angled slightly left, lean back and roll body weight over the right foot bending knees slightly
7&8 Step left foot to left side with body angled slightly right, lean back and roll body weight over the left foot bending knees slightly

TAG

Facing front wall

SIDE TURNING SHUFFLES TO RIGHT, ROCK FORWARD RECOVER TOUCH

& Count before 3 and 5 is turn

- 1&2 Step right to right side, step ball of left next to right, step right to right side
&3&4 Turn ½ turn right on ball of right foot, step left to left side, step ball of right next to left, step left to left side
&5&6 Turn ½ turn right on ball of left foot, step right to right side, step ball of left next to right, step right to right side
7&8 Rock ball of left foot forward, recover weight to right foot, touch left toe next to right foot

SIDE TURNING SHUFFLES TO LEFT, ROCK FORWARD RECOVER TOUCH

& Count before 3 and 5 is turn

- 1&2 Step left to left side, step ball of right next to left, step left to left side
&3&4 Turn ½ turn left on ball of left foot, step right to right side, step ball of left next to right, step right to right side
&5&6 Turn ½ turn left on ball of right foot, step left to left side, step ball of right next to left, step left to left side
7&8 Rock ball of right foot forward, recover weight to left foot, touch right toe next to left foot
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