

# Sh-Sh Shake That

**COPPER KNOB**  
BY STEPHEN

拍數: 0  
編舞者: Susan Webb (USA)  
音樂: Disco Inferno - 50 Cent

牆數: 2

級數: Intermediate hip hop



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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