

Shake

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Vicky McCulloch (CAN)
音樂: The Shake - Neal McCoy



KNEE SHAKES

1&2&3&4 Step forward on ball of left & shake left knee out, in, out, center & drop heel
5&6&7&8 Step forward on ball of right & shake right knee out, in, out, center & drop heel

LEFT AND RIGHT SHOULDER SHAKES

1&2&3&4 Left step right while shaking shoulders right-left-right-left, touch right beside left, clap
5&6&7&8 Right step right while shaking shoulders right-left-right-left, step left beside right, clap

STEP PIVOT CROSS STEP / LEFT TOE HEEL TOE SWIVELS, STOMP

1-4 Right step forward, pivot turn $\frac{1}{4}$ left, cross right over left, step left beside right
5-8 Swivel left toes left, left heel left, left toes center, right stomp beside left/clap

RIGHT TOE HEEL TOE SWIVELS, STOMP / SWIVEL BOTH FEET, TOES HEELS, HEELS TOES

1-4 Swivel right toes right, right heel right, right toes center, left stomp beside right & clap
5-8 Swivel toes left, swivel heels left, swivel heels right, swivel toes right

STEP BACK TOUCH STEP, BACK TOUCH STEP, FORWARD SLIDE STEP TOUCH

1-4 Left step back diagonal left, right touch beside left/clap, right step back diagonal right, left touch beside right/clap
5-8 Left step forward, slide right to lock step behind left, left step forward, touch right beside left

$\frac{3}{4}$ RIGHT TURN- HIP SHAKES

1-4 Right step $\frac{1}{4}$ right, left step $\frac{1}{2}$ right, right step $\frac{1}{4}$ right, left step $\frac{1}{4}$ right
5-8 Shake hips left twice, shake hips right twice

STEP TOUCH, STEP TOUCH / ROCK FORWARD AND BACK

1-4 Left step left, right touch together, right step right, left touch together
5-8 Left rock forward, right step in place, left rock back, right step in place

FORWARD AND BACK SHOULDER SHAKES

1&2&3-4 Left step forward while shaking shoulders left-right-left-right, touch right beside right, clap
5&6&7-8 Right step back while shaking shoulders left-right-left-right, touch left beside right, clap

REPEAT