

Shake

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Alison Smith (UK)
音樂: Shake - Five



ROCK & CROSS, UNWIND, CLAP, HEEL JACK TWICE

1&2 Rock right, rock left, cross right over left
3-4 Unwind $\frac{3}{4}$ turn to left, clap
&5 Step right diagonally back right, touch left heel diagonally forward left
&6 Step left to place, touch right beside left
&7&8 Repeat &5&6

ROCK & CROSS, UNWIND, CLAP, HEEL JACKS TWICE

9-16 Repeat steps 1-8

MAMBO FORWARD, MAMBO BACK, ROCKS AND CROSSING SHUFFLE

17&18 Rock forward onto right, rock back onto left, step right beside left
19&20 Rock back onto left, rock forward onto right, step left beside right
21-22 Rock to right side, rock to left side
23&24 Cross right over left, step left beside right, cross right over left

ROCK LEFT AND RIGHT, $\frac{1}{2}$ TURN RIGHT, $\frac{3}{4}$ TURN RIGHT, TOE TOUCHES

25-26 Rock to left side, rock to right side
27-28 On ball of right foot turn $\frac{1}{2}$ right onto left foot, on ball of left foot turn $\frac{3}{4}$ right onto right foot

TOE TOUCHES

29-30 Touch left to left side, touch left in front of right
31-32 Touch left to left side, touch left behind right
33-36 Repeat steps 29-32

UNWIND $\frac{1}{4}$ LEFT, STEP, HEEL TAPS $\frac{1}{4}$ TURN SHIMMY, JUMPS & CLAPS

37-40 Unwind $\frac{1}{4}$ left (placing weight on left) step forward on right, tap heels x 3
41-44 Shimmy turning $\frac{1}{4}$ left on balls of both feet
&45-46 Jump back right then left, clap
&47-48 Jump back right then left, clap

STEP TOUCHES

49-50 Step right in front of left, touch left to left side
51-52 Step left in front of right, touch right to right side

STEP TOUCHES, TOUCHES, ROCKS

53-56 Repeat steps 49-52
57-58 Touch right in front of left, touch right to right side
59-60 Repeat steps 57-58
61-64 Rock to right, rock to left, rock to right, rock to left

REPEAT