

# Shake A Leg

拍數: 40      牆數: 4      級數:  
編舞者: Greg Underwood (USA)  
音樂: Cat Walk - Lee Roy Parnell



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## **SIDE CROSS, CHANEE' TURN (SPIN) AND SIDE SHUFFLE WITH ROCK**

- 1-2      Step side right, cross behind left
- 3-4      Step to right with right making  $\frac{1}{4}$  turn right, turn  $\frac{3}{4}$  to right as you pull left foot to right
- 5&6      Side shuffle to right (right, left, right)
- 7-8      Rock step back, step in place (left, right)

## **SIDE CROSS, CHANEE' TURN (SPIN) AND SIDE SHUFFLE WITH ROCK**

- 1-2      Step side left, cross behind with right
- 3-4      Step to left with left making  $\frac{1}{4}$  turn left, turn  $\frac{3}{4}$  to left as you pull right foot to left
- 5&6      Side shuffle to left (left, right, left)
- 7-8      Rock step back, step in place (right, left)

## **MONTEREY TURNS RIGHT & LEFT, "SHAKE A LEG"**

- 1-2      Touch right toe side, pull right to left as you turn  $\frac{1}{2}$  to the right
- 3-4      Touch left toe side, pull left to right as you turn  $\frac{1}{2}$  left
- 5-6      Touch right toe side, turn  $\frac{1}{4}$  right as you kick forward right, (weight on left foot)
- 7-8      Turn  $\frac{1}{4}$  right as you kick right, turn an additional  $\frac{1}{4}$  right as you kick right

## **BACK THREE, HITCH, FORWARD THREE, SCUFF**

- 1-4      Step back, back, back, hitch (right, left, right, left)
- 5-8      Step forward, slide together, step forward, scuff (left, right, left, right)

## **MARCH IN PLACE, JAZZ JUMP BACK, JUMP TOGETHER, JUMP FORWARD**

- 1-2      Step together, step in place (right, left)
- &3-4      Step back & slightly side, step back & slightly side, clap (jazz jump back) (this looks like a jump back with feet apart)
- 5-6      Jump as you bring feet together, jump forward both feet
- 7      Hold
- &8      Step in place right, step in place left

## **REPEAT**

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