

# 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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