

# Shake And Twist

拍數: 32      牆數: 4      級數: Improver  
編舞者: Nancy Morgan (USA)  
音樂: The Shake - Neal McCoy



## SHIMMIES (LEFT, THEN RIGHT)

- 1-4      Step left to left side as you bend at waist holding head up and arms out and shimmy to left, keep doing this as you slide your right to your left, clap
- 5-8      Step right to right side as you bend at waist holding head up and arms out and shimmy to right, keep doing this as you slide your left to your right, clap

## JUMP OUT, JUMP CROSS, ½ TURN LEFT, CLAP, VINE LEFT WITH ¼ TURN LEFT, STOMP

- 1-2      Jump with feet out (shoulder width apart), jump with right foot crossing over left
- 3-4      ½ turn to left, clap
- 5-8      (Begin vine left with ¼ turn to left) step left foot forward, step right foot behind left, turn ¼ turn to your left as you step forward on left, stomp right next to left

## FUNKY SWIVELS WITH RIGHT FOOT

- 1      Swivel heel to right as you start to lean forward on that right knee
- 2      Swivel toe to right as you start to lean forward a little more
- 3      Swivel heel to right as you start to lean forward a little more
- 4      Swivel toe to right as you start to lean forward a little more
- 5      Swivel toe back to left as you start to stand up
- 6      Swivel heel back to left as you continue to stand up
- 7      Swivel toe back to left as you start to stand up
- 8      Swivel heel back to left as you stand completely up

## STOMP RIGHT, CLAP, ¼ TURN LEFT, CLAP WITH ROLLS

- 1-2      Stomp right foot forward, clap
- 3-4      Turn ¼ turn to left, clap
- 5-8      Roll hips 4 counts as you do a ¼ turn to left

## REPEAT

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