

Shake It

拍數: 80 牆數: 2 級數: Intermediate
編舞者: Brett Jenkins (AUS)
音樂: Shake Your Tail Feather - The Blues Brothers



- 1-2-3-4 On the balls of both feet twist heels right-left-right, twist heels to center (ending with weight on left)
5&6-7&8 Kick right forward, step right next to left, step left next to right (kick-ball change), repeat kick-ball change
- 1-2-3-4 Step right to right side and sway hips right-left-right-left
5&6-7&8 Right sailor, left sailor
- 1-2&3-4 Touch right to right side, hold, step right together, touch left to left side, hold
5-6-7-8 Walk back left-right-left, touch right beside left
See option 1 for variation on last 8 counts
- 1-2&3-4 Kick right across in front of left twice, step right to right side, step left to left side, hold
5-6&7-8 Repeat previous 1-4 counts
- 1&2-3-4 Step right to right side, step left together, step right to right side, rock/step back left, replace weight on right
5&6-7-8 Step left to left side, step right together, step left to left side, rock/step back right, replace weight on left
- 1-2-3-4 Stomp right forward, hold, hold, hold
&5&6&7&8 Skate/twist forward left-right-left-right
See note 1 for explanation of this step
- 1-2-3-4 Make a ¼ turn right and stomp left to left side, hold, hold, hold
5-6-7-8 Sway hips right-left-right-left
- 1-2-3-4 Stomp right forward, hold, hold, hold
&5&6&7&8 Skate/twist forward left-right-left-right
See note 1 for explanation of this step
- 1-2-3-4 Make a ¼ turn right and stomp left to left side, hold, hold, hold
5-6-7-8 Sway hips right-left-right-left
- 1-2&3-4 Touch right to right side, hold, step right together, touch left to left side, hold
5-6-7-8 Walk back left-right-left, step right together

REPEAT

OPTION 1

- 1-2&3-4& Touch right to right side, hold, step right together, touch left to left side, hold, step left together
5&6&7&8 Touch right heel forward, scoot back on left, touch right toe back, scoot back on left, touch right heel forward, scoot back on left, touch right beside left

Option 1 may also be performed in the last 8 beats of the dance, but on count 8 you must step right beside left

NOTE 1

&5&6&7&8 Twist right heel to right, step forward on left, twist left heel to left, step forward on right twist right heel to right, step forward on left, twist left heel to left, step forward on right

RESTART

During 1st wall dance up to beat 64, then restart in the following way:

1-2-3-4 Make a $\frac{1}{4}$ turn right and stomp left together, hold, hold, hold
