

# Shake It Off

拍數: 32      牆數: 2      級數: Improver  
編舞者: Frank Cooper (CAN)  
音樂: Shake It Off - Jarvis Church



## BALL CROSS, BALL POINT, HIP SHAKE, SHUFFLE RIGHT SIDE, BACK ROCK & TOUCH

- &1            Step slightly back on right foot, step left foot over right  
&2            Step slightly back on right foot, point the left toe forward  
3&4&        Push left hip forward, push right hip back, push left hip forward while taking weight on left foot, slightly touch right toe beside left foot  
5&6        Step right foot to right side, step left foot beside right, step right foot to right side  
7&8        Rock back on left foot, recover onto right foot, touch left toe beside right foot

## BIG SIDE STEP, TOE DRAG, BALL CROSS, STEP FORWARD ¼ TURN, ROCK & STEP FORWARD, TOE BACK ¼ TURN PIVOT

- 9-10        Take a big step out to left side on left foot, drag right toe in towards left foot  
&11-12      Step slightly back on the ball of the right foot, step left foot over right foot, step forward on right foot making a ¼ turn to the right  
13&14      Rock forward on left foot, recover onto right foot, step together w/left foot  
15-16      Touch right toe back, pivot a ¼ turn right

## 8 COUNT SHUFFLE BOX

- 17&18&     Step right foot to right side, step left foot beside right, step right foot to right side, slightly lift left foot off of floor  
19&20&     Step left foot to left side while making a ¼ turn left, step right foot beside left, step left foot to left side, slightly lift right foot off of floor  
21&22&     Step right foot to right side while making a ¼ turn left, step left foot beside right, step right foot to right side, slightly lift left foot off of floor  
23&24      Step left foot to left side while making a ¼ turn left, step right foot beside left, step left foot to left side

## HEEL SWITCHES, TOUCH SIDE, SAILOR ¼ TURN LEFT, WALK, WALK, KICK

- 25&26      Touch right heel forward, bring right foot home, touch left heel forward  
27            Point left toe to left side  
28&29      Step left foot behind right foot, step right foot to right side while making a ¼ turn left, step forward on left foot  
30-31      Step forward right foot, step forward left foot  
32            Kick right foot

## REPEAT

---