

# Shake It Up

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Barry Amato (USA)  
音樂: The Shake - Neal McCoy



## FULL 3-STEP TURN LEFT (IN PLACE), CLAP, SHAKE RIGHT HIP TWICE, SHAKE LEFT HIP TWICE

- 1-3      Three-step turn to left in place, stepping left-right-left
- 4      Clap
- 5-6      Shake right hip to right twice
- 7-8      Shake left hip to left twice

## CROSS, TOUCH, CROSS, TOUCH (SNAP FINGERS) AND ¼ TURN, REPEAT ALL

- 1      Cross right foot over left foot
- 2      Touch left toe to left side
- 3      Cross left foot over right foot
- 4      On ball of left foot, turn ¼ to left, touching right toe to right side (snap fingers of right hand at shoulder level)
- 5-8      Repeat steps 1-4

## STEP TO RIGHT, CROSS BEHIND, STEP TO RIGHT (WITH SHOULDER ISOLATIONS)

- 1      Step right foot to right side and drop right shoulder
- 2      Step left foot behind right foot and drop left shoulder
- 3      Step right foot to right and drop right shoulder
- &      Drop left shoulder
- 4      Drop right shoulder
- 5      Step left foot to left side and drop left shoulder
- 6      Step right foot behind left foot and drop right shoulder
- 7      Step left foot to left and drop left shoulder
- &      Drop right shoulder
- 8      Drop left shoulder

## ¼ TURN LEFT, CLAP, SHAKE HIP TWICE, ½ TURN LEFT, CLAP, SHAKE HIP TWICE

- 1      On ball of left foot, turn ¼ to left and step right foot beside left foot
- 2      Clap
- 3      Shake right hip to right
- 4      Shake right hip to right
- 5      On ball of right foot, turn ½ to left and step left foot beside right foot
- 6      Clap
- 7      Shake right hip to right
- 8      Shake right hip to right, end with weight on right foot

**REPEAT**