

# Shake It Up

**COPPER** KNOB  
STEPSHETS

拍數: 64      牆數: 2      級數: Advanced  
編舞者: John Robinson (USA)  
音樂: That's for Her to Know - The Guthrie Brothers



## STEP, DRAG TURNING ¼ LEFT, HIP BUMPS, HIP SHAKE

1            Right long step side right  
2-3        Left drag/slowly slide next to right while turning body ¼ left  
4            Bump left hip forward  
5-6        Bump hips back & right, bump hips forward & left  
7&8        Bump hips back & right, bump hips forward & left, bump hips back & right with weight

## LEFT SHUFFLE FORWARD, ½ PIVOT LEFT, RIGHT SHUFFLE FORWARD, HEEL SWITCH

1&2        Step left forward, right step next to left, step left forward  
3-4        Step right forward, pivot ½ left onto left  
5&6        Step right forward, left step next to right, step right forward  
7&8        Left heel forward, left step together, right heel forward

## ¼ PIVOT RIGHT, HIP BUMPS, HEEL SWITCHES WITH HOOK-STEP

&1-2       Right step together, left touch forward, pivot ¼ turn right shifting weight left  
3-4        Bump hips right, bump hips left  
5&6        Right heel forward, right step together, left heel forward  
&7&8       Left step together, right heel forward, right hook across left, right step side right shoulder-width apart

## HIP SHAKES, RIGHT SHUFFLE TURNING ¼ LEFT, REVERSE ½ PIVOT LEFT

1&2        Shake hips right twice shifting weight right  
3&4        Shake hips left twice shifting weight left  
5&6        Right step side right, slide left next to right angling body 45deg left, right step back turning body another 45deg left  
7-8        Left touch back, pivot ½ turn left onto left

## HEEL SWITCHES (RIGHT THEN LEFT)

1&2        Right heel forward, right step together, left heel forward  
&3-4       Left step together, right heel tap forward twice (3, 4)  
&5&6       Right step together, left heel forward, left step together, right heel forward  
&7-8       Right heel together, left heel tap forward twice (7, 8)

## SHIMMY LEFT, HIP BUMPS, HIP SHAKE

1            Left long step side left  
2-3        Right drag/slowly slide next to left while shimmying shoulders  
4            Right touch next to left/clap hands at same time  
5-6        Bump hips right, bump hips left  
7&8        Bump hips right twice shifting weight right

## HEEL & STEP, STEP, HEEL, CURLY SHUFFLE, REVERSE ½ PIVOT RIGHT

1&2        Left heel forward, left step ball of foot next to right, step right forward  
3-4        Step left forward, right heel forward  
&5&6       Left scoot back with right off floor, right tap behind left heel, left scoot back with right off floor, right tap behind left heel  
7-8        Right touch back, pivot ½ right keeping weight on left

**RIGHT SHUFFLE BACK, ROCK, STEP, ¼ PIVOT RIGHT, KNEE SWAY**

- 1&2 Step right back, left step next to right, step right back  
3-4 Left rock ball of foot behind right, recover to right  
5-6 Left touch forward, pivot ¼ right onto left  
7-8 Bend knees and sway hips right shifting weight right, bend knees and sway hips left shifting weight left

**REPEAT**

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