

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
