

Shake It Up

COPPER KNOB
STEPSHEETS

拍數: 40 牆數: 4 級數: Improver
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音樂: Thump Factor - Smokin' Armadillos



DIAGONAL WALK FORWARD WITH HIP SHAKES

1&2 Stepping forward on right diagonal, bump right hip right, left, right
3&4 Stepping forward on left diagonal, bump left hip left, right, left
5-8 Repeat counts #1-4

HIP ROLLS, HIP BUMPS WITH SHOULDER PUMPS AND KNEE BENDS

9-12 Roll hips right, left, right, left
13 Hip bump right as you bring right shoulder down and straighten right arm down toward right knee (lifting left shoulder up and bending left elbow)
14 Hip bump left as you bring left shoulder down and straighten left arm down toward left knee (lifting right shoulder up and bend right elbow)
15-16 Repeat counts #13-14

On counts 13-14, bend knees moving body down, then straighten knees, moving body back up to standing position on counts 15-16

½ TURN LEFT, FORWARD SHUFFLES, STOMPS

17-18 Step forward on right, turn ½ turn left
19&20 Shuffle forward right, left, right
21&22 Shuffle forward left, right, left
23-24 Stomp right forward, stomp left forward
25-32 Repeat counts #17-24

SIDE LUNGES, ¼ TURN RIGHT, SIDE LUNGE

33-34 Lunge right foot to right side, step right together with left
35-36 Lunge left foot to left side, step left together with right
37-38 Lunge right foot to right side and pivoting on ball of left foot, ¼ turn right step right together with left
39-40 Lunge left foot to left side, step left together with right

REPEAT
