

# Shake It!

拍數: 0                      牆數: 0                      級數:  
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音樂: The Shake - Neal McCoy



Position: Can be done with two circles -- inner circle faces out, and outer circle faces in

## SECTION A

### HIP SHAKES LEFT, HIP SHAKES RIGHT

1-4                      Shake hips to left 4 times  
5-8                      Shake hips to right 4 times

### 3 PIVOT TURNS TO RIGHT

1-8                      Step forward on ball of left foot, turn  $\frac{1}{4}$  to right ; repeat 3 more times

### FUNKY SHAKES, LOW SHAKES

1-4                      Lean back holding hands out and shake (4 counts)  
5-8                      Bend forward resting hands on knees and shake (4 counts)

### SIDE SHUFFLES AND ROCK STEPS

1&2                      Side shuffle to left (left-right-left)  
3-4                      Rock back onto right foot, rock forward onto left foot  
5&6                      Side shuffle to right (right-left-right)  
7-8                      Rock back onto left foot, rock forward onto right foot

### TOE TOUCHES WITH 3 TURNS, FULL TURN LEFT

1-2                      Touch left toe in place, turn  $\frac{1}{4}$  left stepping left foot forward  
3-4                      Touch right toe next to left, turn  $\frac{1}{4}$  right stepping right foot forward  
5                          Touch left toe next to right  
6-8                      Execute a full turn to the left stepping (left-right-left)

### STEP, HOLD, ROCK STEP, 3 LEFT, HOLD, STEP, BRUSH

1-2                      Take a small step to right with right foot, hold 1 beat (optional clap)  
3-4                      Rock sideways onto left foot, rock sideways onto right  
5-6                      Turn  $\frac{1}{4}$  to left stepping on left foot, hold 1 beat (optional clap)  
7-8                      Step forward on right foot, brush left foot forward

### 2 PIVOT TURNS RIGHT, 3 TURN RIGHT, VINE LEFT, TOUCH

1-4                      Step forward on ball of left foot, turn  $\frac{1}{2}$  to right, repeat  
5-8                      Turn  $\frac{1}{4}$  to right as you step left foot to left, step right foot behind, left foot to left, touch right foot next to left.

## SECTION B

### HOP FORWARD WITH SHAKES, HOP BACK WITH SHAKES

&1-2                      Hop forward landing on right then left, shake (lean forward slightly as you shake)  
&3-4                      Hop back landing on left then right, shake (straighten up as you shake)  
&5-8                      Repeat steps &1,2 &3,4

Seven dance sequences are as follows:

Sequence 1: A,B

Sequence 2: A,B,B

Sequence 3: A,B

Sequence 4: A,B,B

Sequence 5: A,B

Sequence 6: A,B,B  
Sequence 7: A,B  
Repeat B until music ends

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