

Shake It!

拍數: 0 牆數: 0 級數:
編舞者: Todd Lescarbeau (USA)
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
