

Shake It, Don't Break It

COPPER KNOB
STEPPERS

拍數: 0 牆數: 4 級數: Intermediate
編舞者: Deborah Bates (USA)
音樂: The Shake - Neal McCoy



Sequence: AABA AABA AABA AA

SECTION A (32 COUNTS)

STEP, HOLD, STEP, HOLD, STEP, STEP, STEP, HOLD

- 1-2 Step forward on left foot; hold
- 3-4 Step forward on right foot; hold
- 5-6 Step forward on left foot; step forward on right foot
- 7-8 Step forward on left foot; hold

TURNING JAZZ SQUARE, RAMBLE LEFT

- 9-10 Cross step right foot over left; step back on left foot
- 11-12 Step ¼ turn to the right on right foot; step left foot next to right
- 13-14 Swivel heels to the left; swivel toes to the left
- 15-16 Swivel heels to the left; swivel toes to center

KICK - OUT - OUT, SWIVEL IN - IN, MONTEREY TURN

- 17&18 Kick right foot forward; step to the right on right foot; step to the left on left foot
- 19-20 Swivel heels inward to center; swivel toes to center
- 21-22 Touch toes of right foot to the right; pivot ½ turn to the right on ball of left and step right foot next to left
- 23-24 Touch toes on left foot to the left; step left foot next to right

ROCKING CHAIR, SHUFFLE TURN, ROCK STEP

- 25-26 Rock step forward on right foot; rock back onto left foot
- 27-28 Rock step back on right foot; rock forward onto left foot
- 29&30 Shuffle forward (right, left, right) turning ½ turn to the left
- 31-32 Rock step back on left foot; rock forward onto right foot

SECTION B (40 COUNTS)

LEFT HIP BUMPS, RIGHT HIP BUMPS

- 1-4 Step slightly to the left on left foot, bend both knee and bump your hips to the left (4) times
- 5-8 Step slightly to the right on right foot, bend both knees and bump your hips to the right (4) times

TO THE LEFT HIP ROLL, MODIFIED MONTEREY TURN, STEP, SLIDE

- 9-12 With knees still bent, begin hip rolls to the left-backward to the left - forward to the right - backward to the left end hip rolls upright with weight on left foot
- 13-14 Touch toes of right foot to the right; pivot ½ turn to right on ball of left and step right foot next to left
- 15-16 Take a long step to the left on left foot; slide right foot next to left

SHOULDER SHAKES FORWARD/BACKWARD, SHOULDER SHAKES DOWN/UP

- 17-18 Shake shoulders as you lean forward, bending at the waist (forward)
- 19-20 Continue shaking shoulders as you straighten up (back)
- 21-22 Continue shaking shoulders, while bending at the knee (twist down)
- 23-24 Continue shaking shoulders as you straighten up (twist up)

TOUCH, CROSS, UNWIND, CLAP, SHOULDER SHAKES FORWARD/BACK

- 25-26 Touch toes of right foot to the right; cross step right foot over left
27-28 Unwind $\frac{1}{2}$ turn to left (to the left); hold and clap hands
29-30 Shake shoulders as you lean forward, bending at the waist (forward)
31-32 Continue shaking shoulders as you straighten up (back)

DIAGONAL STEP SLIDES WITH $\frac{1}{4}$ TURN, TOUCH, SWIVETS

- 33-34 Step forward and diagonally to the right on right foot; slide left foot next to right
35-36 Step $\frac{1}{4}$ turn to right on right foot; touch left foot next to right
37-38 On heel of right foot and ball of left, swivel right toes to the right and left heel to the left;
swivel feet back to center
39-40 On heel of left foot and ball of right, swivel left toes to the left and right heel to the right;
swivel feet back to center
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