

Shake Rattle & Roll

拍數: 48 牆數: 4 級數: Improver
編舞者: John Robinson (USA), Cindy Becker (USA), Jackie Lewis (USA), Bonnie Mathews (USA) & Joyce Miller (USA)
音樂: Shake, Rattle and Roll - Elvis Presley



SHIMMY, CLAP TWICE, FULL ROLLING TURN TRAVELING RIGHT, TOUCH

1-2 Standing in place with weight on left foot shimmy shoulders for two counts
3-4 Hold position/clap hands twice
5-6 Right step into $\frac{1}{4}$ turn right, pivot $\frac{1}{4}$ right and step left foot side left
7-8 Pivot $\frac{1}{2}$ right and step right foot side right, left touch next to right

SHIMMY, CLAP TWICE, FULL ROLLING TURN TRAVELING LEFT, TOUCH

1-2 Standing in place with weight on right foot shimmy shoulders for two counts
3-4 Hold position/clap hands twice
5-6 Left step into $\frac{1}{4}$ turn left, pivot $\frac{1}{4}$ left and step right foot side right
7-8 Pivot $\frac{1}{2}$ left and step left foot side left, right touch next to left

RIGHT SIDE TRIPLE, LEFT ROCK, RECOVER, LEFT SIDE TRIPLE, RIGHT ROCK, RECOVER

1&2 Right step side left, left step next to right, right step side left
3-4 Left rock ball of foot behind right heel, recover weight to right
5&6 Left step side left, right step next to left, left step side left
7-8 Right rock ball of foot behind left heel, recover weight to left

SLOW $\frac{1}{4}$ TURNS LEFT

1-2 Step right forward, hold position
3-4 Pivot $\frac{1}{4}$ left shifting weight to left foot, hold position
5-6 Step right forward, hold position
7-8 Pivot $\frac{1}{4}$ left shifting weight to left foot, hold position

JAZZ BOX, HEEL-TOE SWIVELS TRAVELING RIGHT

1-2 Right step across left, step left back
3-4 Right step side right about shoulder-width apart from left, left step next to right
5-6 Weight on balls of feet, swivel heels right, weight on heels, swivel toes right
7-8 Weight on balls of feet, swivel heels right, weight on heels, swivel toes right

TOE-HEEL SWIVELS TRAVELING LEFT, SLOW $\frac{1}{4}$ TURN LEFT

1-2 Weight on heels, swivel toes left, weight on toes swivel heels left
3-4 Weight on heels, swivel toes left, weight on toes swivel heels left
5-6 Step right forward, hold position
7-8 Pivot $\frac{1}{4}$ left shifting weight to left foot, hold position

Be sure to touch right foot next to left as you start the dance again with the shoulder shimmy

REPEAT