

# 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