

Shake That

拍數: 0 牆數: 0 級數:
編舞者: Helena Jeppsson (SWE)
音樂: Shake That (feat. Nate Dogg) - Eminem



Sequence: CAA AAC BAA ABA CAAA

PART A

WALK TWICE, STEP OUT, HEEL BOUNCE, SAILOR STEP TWICE

- 1-2 Walk forward on right, left (12:00)
- &3 Step right foot out to right side (3:00), step left foot out to left side (9:00)
- &4 Bounce heels into the floor once
- 5&6 Cross left foot behind right (4:30), step right foot to right side, step left to left side
- 7&8 Cross right foot behind left (7:30), step left foot to left side, step right to right side

STEP FORWARD, HITCH, TOUCH BACK, ¼ TURN LEFT, BEND KNEES IN & STRAIGHT, BACK, CROSS

- 1&2 Step forward on right (12:00), hitch left knee, touch left toe back (6:00)
- 3&4 Turn a ¼ turn to left (weight on right), step left foot beside right, step right foot to side (12:00)
- 5& Bend knees in, as straighten knees step left foot beside right
- 6 Step right foot to side (12:00)
- 7& Bend knees in, as straighten knees step back on left foot (3:00)
- 8 Cross right foot over left

¼ TURN RIGHT, ½ TURN RIGHT, ¼ TURN RIGHT, TOUCH, SIDE, TOGETHER TWICE WITH SHAKE

- 1 Turn a ¼ turn to right as stepping back on left foot (facing 12:00)
- 2 Turn a ½ turn to right as stepping forward on right foot (facing 6:00)
- 3-4 Turn a ¼ turn to right as stepping left foot to side, touch right beside left (facing 9:00)
- 5-6 Step right to right side, step left foot beside right (weight on left) (12:00)
- 7-8 Repeat count 5-6 in this section

As dancing count 5-8 you can do some shakes

SIDE, CROSS ROCK, SIDE, KNEE IN, OUT, COASTER STEP, ½ TURN LEFT TWICE

- 1 Step right foot to right side
- 2&3 Cross rock left behind right (1:30), recover back onto left, step left foot to left side (6:00)
- &4 Turn right knee in and out
- 5&6 Step back on right foot (3:00), step left foot beside right, step forward on right (9:00)
- 7 Turn a ½ turn to left stepping left foot beside right (3:00)
- 8& Turn a ½ turn to left stepping right foot beside left, shift weight onto left (9:00)

PART B

STEP DIAGONALLY FORWARD, ½ TURN RIGHT WITH JUMP, SHAKE

- 1-2 Take a large step diagonally forward with right (1:30), step left foot beside right
- 3& Jump on both feet turning ¼ turn right twice
- 4 Jump both feet apart (facing 6:00)
- 5-8 Roll hips or shake your bottom

STEP DIAGONALLY FORWARD, ½ TURN RIGHT WITH JUMP, SHAKE

- 1-8 Repeat the previous section

CROSS ROCK, SIDE TWICE, BODY ROLL WITH ¼ TURN RIGHT

- 1&2 Cross rock right foot over left, recover weight onto left, step right to right side (3:00)
- 3&4 Cross rock left foot over right, recover weight onto right, step left to left side (9:00)

- 5-6 Start body roll turning $\frac{1}{4}$ turn to right, hold
7-8 Finish body roll, touch left foot beside right (facing 3:00)

SIDE, ROLL HIPS, TOGETHER, SIDE, $\frac{1}{4}$ TURN RIGHT, POINT BACK, $\frac{1}{2}$ TURN RIGHT, HITCH

- 1 Step left foot to left side (12:00)
2-3 Roll hips counter clock wise, weight ends on left
&4 Step right beside left, step left to left side
5-6 Turn a $\frac{1}{4}$ turn to right stepping forward, step left foot beside right (6:00)
7&8 Point right toe back, turn a $\frac{1}{2}$ turn right, hitch right knee (12:00)

PART C

SIDE, CROSS ROCK, $\frac{1}{4}$ TURN LEFT X4

- 1 Step right foot to right side (3:00)
2& Cross rock left foot behind right (4:30), recover back onto right
3 Turn a $\frac{1}{4}$ turn to left stepping left foot to left side (facing 9:00)
4& Cross rock right behind left (4:30), recover back onto left
5 Turn a $\frac{1}{4}$ turn to left stepping right foot to right side (facing 6:00)
6& Cross rock left foot behind right (10:30), recover back onto right
7 Turn a $\frac{1}{4}$ turn to left, stepping left foot to left side (facing 3:00)
8& Cross right foot behind left, step left foot to left side (12:00)

CROSS, MAMBO CROSS, $\frac{1}{4}$ TURN RIGHT, $\frac{3}{4}$ TURN RIGHT, WALK BACK

- 1 Cross right foot over left
2&3 Rock left foot to left side (12:00), recover back onto right, cross left foot over right
4 Turn a $\frac{1}{4}$ turn to right stepping forward on right foot (6:00)
& Turn a $\frac{3}{4}$ turn to right stepping left foot beside right (12:00)
5-6-7-8 Walk backwards on right, left, right, left (6:00)
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