

Shake That Thing

COPPER KNOB
STEPPERS

拍數: 48 牆數: 2 級數: Intermediate
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音樂: Shake That Thing - The Fantastic Shakers



VINE RIGHT, SYNCOPATED VINE LEFT

1-2 Step right foot to right side, cross left foot behind right foot
3-4 Step right foot to right side, touch left foot beside right foot
5-6 Step left foot to left side, cross right foot behind left foot
&7 Step left foot to left side, cross right foot over left foot
&8 Step left foot to left side, right heel forward

BACK UP WITH ATTITUDE, HOP FORWARD & BOUNCE

1-2 Step back right foot, step back left foot
3-4 Step back right foot, touch left foot beside right foot
&5 Hop forward left foot & touch right foot beside left foot
6-7-8 With weight on left foot bounce for 3 counts

UP AND DOWN BUMPS TO THE RIGHT, UP AND DOWN BUMPS TO THE LEFT

1-2 Step forward diagonal on right foot, as you bump right hip up, down
3-4 Bump right hip up, bump right hip down, (weight on right foot)
5-6 Step forward diagonal on left foot as you bump left hip up, down
7-8 Bump left hip up, bump left hip (weight on left foot)

ROCK STEP FORWARD, ROCK STEP BACK, STEP ½ PIVOT TO LEFT STEP ½ PIVOT TO LEFT

1-2 Step rock right foot forward, shift rock onto left foot
3-4 Step rock right foot back, shift rock onto left foot
5-6 Step right foot forward, on balls of both feet, pivot ½ turn left
7-8 Step right foot forward, on balls of both feet, pivot ½ turn left

TWO TOE STRUTS, TWIST FORWARD

1-2 Step right toe forward, drop right heel
3-4 Step left toe forward, drop left heel
5 Step right foot forward crossing left, slightly twisting to left
6 Step left foot forward crossing right, slightly twisting to right
7 Step right foot forward crossing left, slightly twisting to left
8 Step right foot forward crossing left, slightly twisting to right

ROCK STEP FORWARD, ROCK STEP BACK, STEP ½ PIVOT TO LEFT, WALK, WALK

1-2 Step rock right foot forward, shift rock onto left foot
3-4 Step rock right foot back, shift rock onto left foot
5-6 Step right foot forward, on balls of both feet, pivot ½ turn left
7-8 Walk forward right, left

REPEAT