

Shake That Thing

拍數: 48 牆數: 4 級數: Intermediate
編舞者: The Lady In Black (UK)
音樂: Shake That Thing - The Fantastic Shakers



TOE TOUCHES & HOLDS/JUMPS FORWARD & BACK (WITH SHIMMIES)/JUMP FORWARD

1&2 Touch right toe to left instep, step right forward, touch left toe to right instep
&3&4 Step left forward, touch right toe to left instep, step right forward, touch left toe to right instep
&5-6 Jump forward stepping left, then right, hold, (shimmy shoulders forward on jumps & hold)
&7-8 Jump back stepping right, then left, hold, (shimmy shoulders back on jumps & hold)

HEEL JACKS /JUMP FORWARD/HOLD/HIP ROLL

&1&2 Step back on right, touch left heel forward, step left into place, step right next to left
&3&4 Step back on left, touch right heel forward, step right into place, step left next to right
&5-6 Jump forward stepping right, then left, hold
7-8 Roll hips full circle counter to the right

KICKS WITH ¼ TURN RIGHT/SAILOR STEP/TOE DIGS WITH ¼ TURN RIGHT

1-2 Kick right forward, kick right forward ¼ turn right pivoting on left
3&4 Cross right behind left, step left to left, step right in place
5-6- Touch left toe forward, drop left heel click fingers
7-8 Twist body ¼ right raising right heel, twist body back ¼ left drop right heel click fingers

TOE DIGS WITH ¼ TURNS/KICKS /SAILOR STEP

1-2 Raise left heel, twist body ¼ turn right drop left heel click fingers
3-4 Raise right, drop right heel click fingers
5-6 Kick left forward, kick left to left
7&8 Cross left behind right, step right to right, step left in place

WEAVE/ROCK RECOVER/¾ TRIPLE TURN RIGHT

1-2 Step right to right, cross left behind right
3-4 Step right to right, cross left in front of right
5-6- Rock right to right, recover weight back on left
7&8 Triple step ¾ turning right, stepping right, left, right

Option for weave: Syncopated weave, counts &1&2&3&4

DIAGONAL KICKS/KICKS FORWARD TWICE/ COASTER STEP

1&2 Kick left across right, step left into place, kick right across left
&3&4 Step right into place, kick left across right, step left into place, kick right across left
&5-6 Step right in place, kick left forward twice
7&8 Step left back, step right next to left, step left forward

REPEAT