

Shake Ya Body

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Dee Musk (UK)
音樂: Are You Ready - Shakaya



RIGHT TOUCH BALL HEEL, TOGETHER, RIGHT LOCK STEP FORWARD, LEFT & RIGHT TOE SWITCHES, TOGETHER, HEEL, TOE, LEFT HIP PUSH FORWARD

- 1&2 Touch right beside left, step right slightly back, touch left heel forward
&3&4 Step left beside right, step forward on right, cross left behind right, step forward on right
5&6 Point left toe to left side, step left beside right, point right toe to right side
&7&8 Step right beside left, touch left heel forward, left toe tap forward, step forward on left and push left hip forward (12:00)

½ TURN RIGHT, ¼ TURN RIGHT WITH LEFT HITCH, LEFT CROSS ¼ TURN LEFT ¼ TURN LEFT, RIGHT & LEFT TOE TOUCHES, TOGETHER, RIGHT CROSS BACK BACK

- 1-2 Moving back, make a ½ turn right stepping weight forward on right. On ball of right make a ¼ turn right and hitch left knee in beside right
3&4 Cross left over right, make a ¼ turn left stepping back on right, make a ¼ turn left stepping left to left side
5&6& Touch right toe beside left, step down on right, touch left toe beside right, step down on left
7&8 Cross right over left, step slightly back on left, step slightly back on right (weight on right) (3:00)

WALK LEFT, WALK RIGHT, LEFT FORWARD MAMBO, ½ TURN RIGHT, ½ TURN RIGHT, HIPS RIGHT, LEFT, RIGHT

- 1-2 Walk forward left, walk forward right
3&4 Rock forward on left, recover weight to right, step back on left
5-6 Moving back, make a ½ turn right stepping forward on right, make a ½ turn right stepping back on left
7&8 Step right foot back as you bump hips right, left right (weight back on right) (3)

TOGETHER, WALK RIGHT, WALK LEFT, OUT OUT IN CROSS, RIGHT POINT ½ MONTEREY TURN RIGHT, SHOULDER POPS RIGHT, LEFT, RIGHT WITH HIPS LEFT, RIGHT, LEFT

- &1-2 Step left beside right, walk forward right, walk forward left
&3&4 Step right out to right side, step left out to left side, step right in, cross left over right
5-6 Point right toe to right side, make a ½ turn right stepping right beside left
7&8 Lift right shoulder and bump left hip, lift left shoulder and bump right hip, lift right shoulder and bump left hip (9:00)

REPEAT

Danced at end of walls, 1, 3, and 5

½ PIVOT TURN LEFT WITH RIGHT SHUFFLE, ½ PIVOT TURN RIGHT WITH LEFT SHUFFLE

- 1-2 Step forward on right, make a ½ turn left (weight now forward on left)
3&4 Shuffle forward right, left, right
5-6 Step forward on left, make a ½ turn right (weight now forward on right)
7&8 Shuffle forward left, right, left

OPTIONAL ENDING

To face the front wall, you will start wall 7 facing (6:00). Dance to section 4, count 5 (point right toe to right side), then on count 6, instead of ½ Monterey turn right, replace with, ¼ Monterey turn right to face the front and finish the dance with the shoulder and hip pops, counts 7&8