

Shake Yourself Loose

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate mixed rhythm
編舞者: Kathy Hunyadi (USA)
音樂: Shake Yourself Loose - Vickie Winans



WALK, WALK, KICK STEP CROSS, STEP, STEP, CROSS, STEP, KICK ACROSS

1-2 Walk forward right, walk forward left
3&4 Kick right forward, step back on right, cross step left over right
5&6 Step back on right, step back on left (angle body slightly left), cross step right over left
7-8 Step back on left, kick right forward and across left

QUICK STEP RIGHT, CROSS, STEP, SYNCOPATED WEAVE RIGHT, PRESS, SYNCOPATED WEAVE LEFT WITH ¼ TURN LEFT

&1-2 Step right to side, cross left over right, step right to side
3&4 Cross step left behind right, step right to side, cross step left over right
5-6 Step (press) ball of right to side, recover weight to left
7&8 Cross step right behind left, turning ¼ left stepping left forward, step forward on right

FORWARD ROCK LEFT, TOGETHER, FORWARD ROCK RIGHT, TOGETHER, CROSS, ¼ LEFT TURN, LEFT COASTER

1&2 Rock forward on left, recover weight to right, step left beside right - push hips back
This is like a mambo rock with attitude!
3&4 Rock forward on right, recover weight to left, step right beside left - push hips back
5-6 Cross step left over right, step back on right turning ¼ left
7&8 Step back on left, step right together with left, step left forward

SYNCOPATED JAZZ TURN, WALK, WALK, SIDE JAZZ JUMP LEFT, SHAKE

1&2 Cross step right over left, step left back turning ¼ right, step right to side
3-4 Small step forward left, small step forward right
&5 Jazz jump to left - stepping left then right (feet slightly apart)
6-7-8 Bump left hip to left keeping right knee bent (weight is on left)

SYNCOPATED JAZZ TURN, WALK, WALK, SIDE JAZZ JUMP LEFT, SHAKE

1&2 Cross step right over left, step left back turning ¼ right, step right to side
3-4 Small step forward left, small step forward right
&5 Jazz jump to left - stepping left then right (feet slightly apart)
6-7-8 Bump left hip to left keeping right knee bent (weight is on left)

STEP RIGHT, TOUCH, STEP LEFT, TOUCH, WEAVE RIGHT, CHASE TURN RIGHT

1-2 Step right to side (bring both arms up and out to side, shoulder height), touch left toe behind right (bring both arms down and cross in front of body at waist level bending slightly to side at waist)
3-4 Step left to side (bring both arms up and out to side, shoulder height), touch right toe behind left (bring both arms down and cross in front of body at waist level bending slightly to side at waist)
5&6 Step right to side, cross step left behind right, turn ¼ right stepping right forward
7&8 Step forward on left, turn ½ right, step left forward

JAZZ JUMP FORWARD, CLAP, BUMP HIPS, JAZZ JUMP BACK, CLAP, BUMP HIPS

&1-2 Take small 'jazz' jump forward right, left - bring feet together, clap
3&4 Bump left hip left, right hip right, left hip left (bend your knees)
&5-6 Take small 'jazz' jump back right, left - bring feet together, clap

7&8 Bump left hip left, right hip right, left hip left (bend your knees)

ROCK FORWARD ON RIGHT, RECOVER, RIGHT COASTER STEP; ½ TURN RIGHT, FULL TRIPLE TURN RIGHT

1-2 Rock forward on right foot, recover weight to left

3&4 Step back on right, step left beside right, step right forward

5-6 Step forward on left foot, turn ½ to right, step right foot in place

7&8 Turn ½ right stepping back on left, turn ½ to right stepping forward on right, step forward on left

REPEAT
