

Shake-Shake

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Annie Murphy (UK)
音樂: Shake Up the Party - Joy Enriquez



BUMP & POINT, RONDE QUARTER TURN SAILOR, CROSS BACK BACK, TRIPLE FULL TURN LEFT

- 1&2 Bump hips right, left, point right foot out to right side bumping hips right
3&4 Sweep right foot to right side and behind left, step on left making quarter turn right, step to side on right
5&6 Cross left in front of right, step right back, step left back level with right
7&8 Make full turn to left stepping in place right, left right (make the steps small in preparation for the quick cross behind on the & count in the next section)

CROSS-POINT, HOLD, CROSS-TAP X 3 WITH LUNGE, SLOW DRAG, CROSS THREE-QUARTER UNWIND, POINT

- &1-2 Cross left behind right, point right out to right side, hold
&3&4 Cross right behind left, tap left toe diagonally to left, taking the foot further to the left tap the toe again, then take the toe further to the left and taking the weight fully onto the left toe in a lunge position tap for a third time. The left knee should be bent over the toe
5-6 Taking the weight back onto the right foot, drag left foot to right over 2 counts
7-8 Cross left in front of right and unwind three-quarter turn over right shoulder, keeping weight on left foot, popping right knee and pointing right toe forward

DIAGONAL BUMPS, TRIPLE HALF TURN, LEFT MAMBO

- 1&2 Keeping right toe touched forward and angling body to left diagonal, bump hips right, left right, stepping forward onto right foot on count 2
3&4 Angling body to right diagonal, and touching left toe forward, bump hips left, right, left stepping forward onto left foot on count 4
5&6 Square off to facing wall (12:00) and make triple half turn over left shoulder stepping right, left, right (6:00)
7&8 Rock left to left side, recover onto right, step left beside right (Cuban hip motion)

STEP FORWARD HALF TURN & POINT TWICE, LOCK STEP FORWARD, QUARTER TURNING MAMBO

- 1-2 Step forward on right foot, make sharp half turn to left, keeping weight back on right foot and pointing left foot forward
3-4 Step onto left foot and repeat the turn as above, turning half right, pointing right foot forward (plenty of attitude on these turns, make them quick and sharp)
5&6 Step forward on right foot, lock left behind right, step forward on right foot (locking triple forward)
7&8 Turning quarter right on ball of right foot rock out to left on left foot, replace on right, step left beside right

REPEAT