

Shake, Rattle, & Roll

COPPER KNOB
STEPPERS

拍數: 0 牆數: 0 級數:
編舞者: Jo Thompson Szymanski (USA)
音樂: Shake, Rattle, & Roll - Huey Lewis & The News



Sequence: INTRO, AAABC, AAB, ENDING. Section A is done with each verse, B is done with each chorus, C is done with each instrumental section.

INTRO:(48 COUNT)

1-4 Step right to right side, touch left beside right and clap, step left to left, touch right and clap
1-4 Repeat until lyrics begin

SECTION A (48 COUNT VERSE)

3 TOE STRUTS RIGHT, PIVOT TURN, 3 TOE STRUTS LEFT, PIVOT TURN

1-2 Place ball of right to right side, drop right heel and snap (all snaps are optional)
3-4 Place ball of left across in foot of right, drop left heel and snap
5-6 Place ball of right to right side, drop right heel turning ¼ right and snap
7-8 Step forward left, turn right 2 and shift weight forward to right foot

1-2 Turning right to face original wall, place ball of left to left side, drop left heel and snap
3-4 Place ball of right across in front of left, drop right heel and snap
5-6 Place ball of left to left side, drop left heel turning ¼ left and snap
7-8 Step forward right, turn left 2 and shift weight forward to left foot

2 KICK BALL CHANGES, LINDY RIGHT, 2 KICK BALL CHANGES, LINDY LEFT

1 With the body facing original wall and diagonally right, kick right forward
&2 Step back on ball of right, step left across in front of right
3&4 Kick right forward, step back on ball of left, step left across in front of right
5&6 Facing original wall, step right to right side, step left together, step right to right side
7-8 Step back on ball of left, replace weight forward to right foot

1-8 Reverse above 8 counts starting with left foot and turning to left front diagonal

LINDY RIGHT, LINDY LEFT, STEP, KICK 4 TIMES

1&2 Facing original wall, step right to right side, step left together, step right to right side
3-4 Step back on ball of left, replace weight forward to right foot
5-8 Reverse above 4 count starting with left foot

1-4 Step right to right, kick left across in front, step left to left, kick right across in front
5-8 Repeat above 4 counts

SECTION B (48 COUNT CHORUS)

SHAKE FORWARD, SHAKE BACK, ROLL HIPS TWICE, REPEAT

1-2 Step right forward, lean forward and shake shoulder, touch left beside right
3-4 Step left back, stand straight and shake shoulders, touch right beside left
5-8 Step right to right and circle hips to the right 2 times (each circle takes 2 counts)
1-8 Repeat above 8 counts

VINE RIGHT, TURN LEFT (OR VINE LEFT), VINE RIGHT, TURN LEFT (OR VINE LEFT)

1-4 Step right to right, step left crossed behind right, step right to right, touch left beside right
5-8 Step left to left starting left 1 ½ turn, step right continuing left turn, step left to left and complete left 1 ½ turn, touch right beside left to end facing the back wall

***Option: the 1 ½ turn can be replaced with a regular vine left with a haft turn left on the end**

1-8 Repeat above 8 count to end facing front wall

STEP, SCOOT, ROCK, STEP, STEP, SCOOT, ROCK, STEP, REPEAT

1-2 Step right to right side, scoot to right on right foot and kick left to left front diagonal
3-4 Step back on ball of left, replace weight forward to right foot
5-6 Step left to left side, scoot to left on left foot and kick right to right front diagonal
7-8 Step back on ball of right, replace weight forward to left foot
1-8 Repeat above 8 counts

SECTION C (48 COUNT INSTRUMENTAL)

SHUFFLE RIGHT, SHUFFLE LEFT, WALK RIGHT, LEFT, RIGHT, LEFT, BACK & CLAP 4 TIMES

1&2 Step right forward, step left together, step right forward
3&4 Step left forward, step right together, step left forward
5-8 Walk forward right, left, right, left

***Note the 4 walks forward can be styled out many ways, try sugars with the toes turned out, swivel walks with the toes turned in, rubber legs with the knees knocking together, etc.**

&1-8 Turn right ¼ on left foot, then repeat the 2 shuffles and the 4 walks
&1-8 Turn right ¼ on left foot, then repeat the 2 shuffles and the 4 walks
&1-8 Turn right ¼ on left foot, then repeat the 2 shuffles and the 4 walks
&1-8 Turn right ¼ on left foot, then repeat the 2 shuffles and the 4 walks
&1-2 Small step back right, step left together, clap
&3-4 Small step back left, step right together, clap
5-8 Repeat above 4 counts

ENDING (DRUM ROLL AND FINAL BEAT)

(No specific count here) traveling forward turn right one or two time (your choice) as huey sings "shake, rattle, &" then on the word "roll" step forward on right foot and shake hands up the front and then overhead. On the last beat of the music, swing both arms down across in front of body and to side of hips, bend knees slightly, and bow head. If you're agile, bend knees and squat with hands going all the way to the floor
