Shake, Shake, Shake



拍數: 0 牆數: 2 級數: Intermediate

編舞者: Peter Giam (SG)

音樂: Shake Your Booty - KC and the Sunshine Band



Sequence: AB, ABC, BC, CCC

Dedicated to Saddle Up & Boogie & line dancers at Friday night at Bishan Sculpture Square

PART A

ROCK, RECOVER RIGHT TOE STRUT, CLAP, ½ TURN RIGHT, LEFT TOE STRUT, CLAP, ½ TURN RIGHT, RIGHT TOE STRUT, CLAP

1-4 Rock right across left, recover weight onto left, point right toe slightly to right side and snap

down, clap

On ball of right foot making ½ turn right, point left toe to left side and snap down, clap
On ball of left foot making ½ turn right, point right toe to right side and snap down, clap

LEFT TOE STRUT, RIGHT ACROSS LEFT RIGHT TOE STRUT, ROCK, RECOVER, BEHIND SIDE CROSS

1-4 Left toe point to left side, and snap down pushing hands forward, right toe point across left

and snap down pushing hands backward

5-6 Rock left forward, recover weight onto right

7&8 Step left behind right, step right to right, cross left in front of right

HEEL SWITCHES, COASTER STEP, PIVOT ½ TURN RIGHT

1&2& Tap right heel forward and step back in place, tap left heel forward and step back in place

3-4 Tap right heel forward, hold and clap

5&6 Step right back, step left together, step right forward

7-8 Step left forward making ½ turn right, keeping weight on right

SIDE SHUFFLE, ROCK, RECOVER, KICK BALL CROSS, SIDE ROCK, RECOVER

1&2 Step left to left side, step right together, step left to left side

3-4 Rock right behind left, recover weight onto left

5&6 Kick right forward diagonally, right step in place, step left across right

7-8 Rock right to right, recover weight onto left

PART B

SHAKE RIGHT FORWARD, SHAKE LEFT FORWARD, SHAKE RIGHT BACK, SHAKE LEFT BACK

Step right diagonally forward, shake hips right, left, right
Step left diagonally forward, shake hips left, right, left
Step right diagonally back, shake hips right, left, right
Step left diagonally back, shake hips left, right, left

RIGHT VINE, HEEL HEEL, LEFT VINE, HEEL HEEL

1&2 Step right to right side, cross left behind right, step right to right side

3-4 Tap left heel forward twice

5&6 Step left to left side, cross right behind left, step left to left side

7-8 Tap right heel forward twice

ROCK, RECOVER, FORWARD SHUFFLE, ROCK, 1/2 TURN LEFT, FORWARD SHUFFLE

1-2	Rock right back, recover	weight onto left
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3&4 Step right forward, step left together, step right forward

5-6 Step left forward, recover weight onto right making ½ turn left

7&8 Step left forward, step right together, step left forward

SIDE ROCK, RECOVER, CROSS SHUFFLE, SIDE ROCK, RECOVER, BEHIND SIDE CROSS

1-2 Rock right to right side, recover weight onto left

3&4 Cross right over left, step left slightly left, cross right over left

5-6 Rock left to left side, recover weight onto right

7&8 Cross left behind right, step right to right side, cross left in front of right

PART C

BUMP HIPS, CROSS ROCK & STEP BACK IN PLACE

1&2	Step right to right side, bump hip to right and step right in place
3&4	Step left to left side, bump hip to left and step left in place

Rock right across left, recover weight onto left, step right back in place Rock left across right, recover weight onto right, step left back in place

LOCK STEP FORWARD, LOCK STEP BACKWARD

1&2	Step right forward, lock left behind right, step right forward
3&4	Step left forward, lock right behind left, step left forward

Step right back diagonally, lock left in front of right, step right back diagonally

Step left back diagonally, lock right in front of left, step left back diagonally

ROCK, RECOVER, FORWARD SHUFFLE, STEP KICK, STEP POINT

1-2 Rock right back, recover weight onto left

3&4 Step right forward, step left together, step right forward

Step left forward, kick right forward, step right back, point left toe back

KICK BALL STEP, PIVOT 1/2 TURN RIGHT, JAZZ BOX TOUCH

1&2 Kick left forward, step left in place, step right forward
 3-4 Step left forward making ½ turn right, keep weight on right

Left cross in front of right, right step back, left to left side, right touch beside left