

Shake, Shake, Shake

COPPER KNOB
STEPSHEETS

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
5-6 On ball of right foot making ½ turn right, point left toe to left side and snap down, clap
7-8 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

- 1&2 Step right diagonally forward, shake hips right, left, right
3&4 Step left diagonally forward, shake hips left, right, left
5&6 Step right diagonally back, shake hips right, left, right
7&8 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, ½ TURN LEFT, FORWARD SHUFFLE

- 1-2 Rock right back, recover weight onto left
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
5&6 Rock right across left, recover weight onto left, step right back in place
7&8 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
5&6 Step right back diagonally, lock left in front of right, step right back diagonally
7&8 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
5678 Step left forward, kick right forward, step right back, point left toe back

KICK BALL STEP, PIVOT ½ 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
5678 Left cross in front of right, right step back, left to left side, right touch beside left
-