The Shake



拍數: 32 牆數: 4 級數:

編舞者: Jane Schomas (USA) 音樂: The Shake - Neal McCoy



1-4	In place, lean and shake shoulders left; clap on 4
5-8	In place, lean and shake shoulders right; clap on 8
9-12	Moving left: step left-slide right to left-step left-touch right
13-16	Moving right: step right-slide left to right-step right-touch left
17-18&	On balls of feet, right in front: move heels in-out (on & of 18 bring right in back)
19-20	On balls of feet, left in front: move heels in-out
Advanced dancers may want to double time counts 17-20	
21-24	Stomp right, stomp left; snap fingers twice at chest level
25-26	Swing left knee to left, then back to center
27-28	Swing right knee to right, making ¼ turn right as knee comes back to center
29-32	Left jazz square: cross left over right, step right back, step side left bring right to home

REPEAT

On wall 5 only, start the wall with the following 8 count tag.

1-4 Step right, touch left; step left, touch right.

5-8 Step right, touch left; step left, touch right (clap on 8)