

The Shake

拍數: 0 牆數: 1 級數:
編舞者: Bobbie Allen (USA)
音樂: The Shake - Neal McCoy



Sequence: AA, BC, AA, BC, AA, BBB

SECTION A

RIGHT HEEL TAPS IN PLACE, LEFT HEEL TAPS IN PLACE

- 1-4 Tap right heel in place as you face 1/8 turn to right from the front
5-8 Turn body to face 1/8 turn to left from the front and tap the left heel in place 4 times

TWO RIGHT KICK-BALL-CHANGES

- 9&10 Kick right foot low and forward, step onto ball of right foot and place weight onto left foot
11&12 Kick right foot low and forward, step onto ball of right foot and place weight onto left foot

TOE-HEEL STRUTS FORWARD

- 13 Touch right toe forward
14 Place right heel on floor
15 Touch left toe forward
16 Place left heel on floor

TOE-HEEL STRUTS BACK

- 17 Touch right toe back
18 Place right heel on floor
19 Touch left toe back
20 Place left heel on floor

STEP SIDE RIGHT TOUCH LEFT, STEP SIDE LEFT TOUCH RIGHT

- 21 Step to right
22 Slide left foot next to right
23 Step left
24 Slide right foot next to left

SYNCOPATED HEEL TAPS, CROSS UNWIND

- 25 Step back on right foot
26 Tap left heel in place with toes pointing up
27 Place left foot flat
28 Tap right toe next to left foot
&29 Step right foot back and tap left heel forward with toe pointing up
&30 Place left foot flat and cross right foot in front of left foot
31 Hold
32 Unwind left 1/2 turn

SECTION B THE SHAKE

- 1-2 Step out to the left on left foot about shoulder width. Shake hips to left as you do so (you may want to step out to left and twist ball of left foot as you shake your hips and bring left foot in on 4)
3-4 Step left foot in next to right and clap
5-6 Step out to the right on right foot about shoulder width. Shake hips to right as you do so
7-8 Step right foot in next to left and clap

PADDLE TURNS

- 9 Step forward on right foot
- 10 Pivot ¼ turn to left with left foot stepping in place
- 11 Step forward on right foot
- 12 Pivot ¼ turn to left with left foot stepping in place
- 13 Step forward on right foot
- 14 Pivot ¼ turn to left with left foot stepping in place
- 15 Step forward on right foot
- 16 Pivot ¼ turn to left with left foot stepping in place

FUNKY SHAKE

- 17-20 Hip bumps right, left, right, left (swing hips right, left, right, left as you bend your knees and go down and up with hip sways, swing your hand right left, right, left at hip level)
- 21-24 Roll hips around the world or body roll

HEEL SWITCHES WITH LONG STEP FORWARD

- 25 Tap right heel forward
- &26 As you bring right foot home switch to left heel tap out front
- 27 Step forward on right foot
- 28 Tap left foot next to right
- 29 Step back on left toe
- 30 Place left heel on floor
- 31 Step back on right toe
- 32 Place right heel on floor

SECTION C

STEP SLIDES TO THE RIGHT AND LEFT

- 1 Step at a 45 degree angle to right on right foot
- 2 Slide left foot next to right foot
- 3 Step to right again
- 4 Touch left foot next to right
- 5 Step at a 45 degree angle to left on left foot
- 6 Slide right foot next to left foot
- 7 Step to left again
- 8 Place right foot next to left foot

RIGHT HEEL HOOK, HEEL HOME, LEFT HEEL HOOK, HEEL HOME

- 9 Touch right heel forward
- 10 Hook in front of left leg
- 11 Touch right heel forward
- 12 Place right heel home
- 13 Touch left heel forward
- 14 Hook in front of right leg
- 15 Touch left heel forward
- 16 Place left heel home

SYNCOPATED HOP BACKWARD

- &17 Hop back on right, left
- 18 Clap
- &19 Hop back on right, left
- 20 Clap

BODY ROLL FOR 4 COUNTS

- 21-24 Body roll

TRIPLE STEPS WITH ROCK STEP

25&26 Triple step to right side on right, left, right
27-28 Rock back on left foot with right foot in place
29&30 Triple step to left side on left, right, left
31-32 Rock back on right foot with left foot in place

TRIPLE STEP WITH ½ TURN AND ROCK STEP

33-34 Triple step with a ½ turn to left side on right, left, right
35 Rock back on left foot
36 Step right foot in place
37&38 Triple step with a ½ turn to right on left, right, left
39 Rock back on right foot
40 Step left foot in place
