

# The Shake

COPPER KNOB  
BY STEPHENETS

拍數: 64      牆數: 2      級數:  
編舞者: The Buffalo Girls  
音樂: The Shake - Neal McCoy



## The Buffalo Girls are Kelly, Lisa, Debbie, and Toni

- 1-4      Step left to left turning body 45 degrees right from front with weight on left and shimmy shoulders for 3 beats and clap on the 4th beat
- 5-8      Swivel heels right, turning body 45 degrees left from front with weight on right and shimmy shoulders for 3 beats and clap on the 4th beat
- 9      Step onto left on the spot swinging right hand to the right
- 10      Click fingers of right hand while looking right
- 11      Step right behind left swinging right hand across body to left
- 12      Click fingers of right hand while looking left
- 13      Step left to left swinging right hand to the right
- 14      Click fingers of right hand while looking right
- 15      Step right behind left swinging right hand across body to left
- 16      Click fingers of right hand while looking left
- 17-20      Long step right to right with hands on thighs and bending knees and shimmying for first 3 beats as weight is transferred onto right foot, on 4th beat bring left to right, straighten and clap
- 21-24      Long step left to left with hands on thighs and bending knees and shimmying for first 3 beats as weight is transferred onto left foot on 4th beat bring right to left, straighten and clap
- 25-26      While shimmying-rock forward onto right, hold
- 27-28      Pivot  $\frac{1}{2}$  turn to the right stepping forward onto right, clap
- 29-30      While shimmying-rock forward onto left, hold
- 31-32      Step left together, clap
- 33-34      Strut forward right, stepping heel, toe
- 35-36      Strut forward left, stepping heel, toe
- 37-38      Rock back onto right, rock forward onto left
- 39-40      Strut forward right stepping heel, toe
- 41-42      Strut forward left, stepping heel, toe
- 43-44      Rock back onto right, rock forward onto left

## THE NEXT 8 BEAT SEQUENCE RESULTS IN A $\frac{3}{4}$ TURN

- 45-46      Step right to side bumping hips right, transfer weight back onto left bumping hips left (no change of direction)
- 47-48      Step right toe to side, paddle and pivoting  $\frac{1}{4}$  turn to the left
- 49-50      Step right toe to side, paddle and pivoting  $\frac{1}{4}$  turn to the left
- 51-52      Step right toe to side, paddle and pivoting  $\frac{1}{4}$  turn to the left
- 53-54      Step right to side, step left behind
- 55-56      Turn  $\frac{1}{4}$  turn to the right stepping right forward, scuff left through turning  $\frac{1}{4}$  turn to the right
- 57-60      Bump hips twice to left, bump hips twice to right
- 61-64      Touch left behind right, unwind  $\frac{3}{4}$  turn to the left

65-68

Stomp right beside left, clap

**REPEAT**

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