

The Shake

拍數: 32 牆數: 4 級數:
編舞者: Sandy Plummer (USA)
音樂: The Shake - Neal McCoy



MONTEREY TURN

- 1 Touch right toe to right side
- 2 Make $\frac{1}{2}$ turn to right on ball of left foot and step right foot next to left on completion of turn
- 3 Touch left toe to left side
- 4 Step left foot next to right

TOE HEEL WALKS BACK

- 5 Step back on ball of right foot
- 6 Lower right heel, shifting weight to right foot
- 7 Step back on ball of left foot next to right foot
- 8 Lower left heel, shifting weight to left foot

TOE HEEL LIFTS

- 9 With feet next to each other, raise left toe and right heel
- 10 Lower left toe and right heel
- 11 Raise left heel and right toe
- 12 Lower left heel and right toe

APPLE JACKS

- 13 With weight on left heel and ball of right foot, twist left toe and right heel to left
- 14 Twist left toe and right heel back to center
- 15 Switching weight to right heel and ball of left foot, twist right toe and left heel to right
- 16 Twist right toe and left heel back to center

RIGHT VINE

- 17 Step right foot to right
- 18 Cross left foot behind right
- 19 Step right foot to right
- 20 Touch left foot next to right

LEFT VINE WITH $\frac{1}{4}$ TURN

- 21 Step left foot to left
- 22 Cross right foot behind left
- 23 Step left foot to left, making $\frac{1}{4}$ turn left
- 24 Touch right foot next to left

HIP BUMPS

- 25-26 Bump hips to right twice
- 27-28 Bump hips to left twice
- 29-32 Bump hips right, left, right, left

REPEAT
