

# The Shake

**COPPERKNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Steve Rutter (UK)  
音樂: The Shake - Ronnie Beard



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## WALK FORWARD, HIP BUMPS TO LEFT, WALK FORWARD, HIP BUMPS TO RIGHT

1-2            Step forward on left, step forward on right  
3-4            Step forward on left bumping hips twice to left  
5-6            Step forward on right, step forward on left  
7-8            Step forward on right bumping hips twice to right

## BACK LOCK STEP, WEAWE WITH ¼ TURN RIGHT

9-10           Step back on left, lock right foot in front of left  
11-12          Step back on left, step right to right side  
13-14          Cross left over right, step right to right side  
15-16          Cross left behind right, step right ¼ turn to right

## STOMP FORWARD TWICE, SHIMMY, STEP BACK TWICE, PIGEON TOES

17-18          Stomp left foot forward, stomp right beside left  
19-20          Shimmy shoulders over two counts  
21-22          Step back on left, step right beside left  
23-24          Split both heels apart, bring heels back together

## STEP, PIVOT ½ TURN LEFT, STEP FORWARD, TOUCH, SIDE STEP WITH HIP BUMPS

25-26          Step forward on right, pivot ½ turn left  
27-28          Step forward on right, touch left beside right  
29-30          Step left to left side bumping hips left, bump hips right  
31-32          Bump hips left, bump hips right(weight ends on right)

**REPEAT**

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