

The Shake

拍數: 32 牆數: 4 級數: Beginner
編舞者: Gail Smith (USA)
音樂: The Shake - Neal McCoy



When done to "The Shake", you will repeat steps 1-8 on completion of the 4th, 8th & 12th times through the pattern.

SHIMMY SHAKES LEFT, SHIMMY SHAKES RIGHT

- 1-2 Left step to side as you shimmy and shake shoulders (or anything else you like)
- 3-4 Right step next to left foot, hold position & clap
- 5-6 Right step to side as you shimmy and shake shoulders (or anything else you like)
- 7-8 Left step next to right foot, hold position & clap

KICK-BALL-CHANGE, STEP, PIVOT 1 / 2, KICK-BALL-CHANGE, STOMP, STOMP

- 9&10 Right kick forward, on ball of foot-right step next to left foot, left step in place
- 11-12 Right toe step forward, pivot 1 / 2 turn to the left
- 13&14 Right kick forward, on ball of foot-right step next to left foot, left step in place
- 15-16 Right stomp in place, left stomp in place

FORWARD SHUFFLES WITH SHIMMY SHAKES (WITH FINGER SNAPS ON 18 AND 20), WIGGLE DOWN, WIGGLE UP

- 17&18 Shuffle forward right, left, right at the same time shimmy and shake shoulders (or anything else you like)
- 19&20 Shuffle forward left, right, left at the same time shimmy and shake shoulders (or anything else you like)
- &21&22 Right step next to left foot and bend your knees as you wiggle down
- &23&24 Straighten your legs as you wiggle up

SIDE TOUCHES AND KNEE LIFTS WITH ¼ TURNS (TOTAL OF ¾)

- 25-26 On ball of left foot-pivot ¼ turn left and right toe touch out to side, bring right knee up and crossed in front of left leg
- 27-28 On ball of left foot-pivot ¼ turn left and right toe touch out to side, bring right knee up and crossed in front of left leg
- 29-30 On ball of left foot-pivot ¼ turn left and right toe touch out to side, bring right knee up and crossed in front of left leg
- 31-32 Right step next to left foot, hold position (weight on right foot)

REPEAT
