

The Shake

拍數: 40 牆數: 4 級數: Improver
編舞者: Melanie Painter (USA)
音樂: The Shake - Neal McCoy



ROCK STEPS AND SHUFFLES

- 1 Rock forward onto right foot
- 2 Rock back onto left
- 3 Step back onto right foot
- 4 Rock forward onto left
- 5&6 Shuffle step right-left-right
- 7 Rock forward onto left foot
- 8 Rock back onto right
- 9 Step back on left foot
- 10 Rock forward onto right
- 11&12 Shuffle step left-right-left

½ TURN, ½ TURN, ¼ TURN (ALL TO LEFT)

- 13 Step right foot forward
- 14 Pivot ½ turn to left
- 15-16 Repeat steps 13-14
- 17 Step forward on right
- 18 ¼ turn to left

HEEL TAPS

- 19-20 Tap right heel forward twice
- 21-22 Tap right heel back twice
- 23 Tap right heel forward
- 24 Step right in place

LOCK STEP LEFT-RIGHT-LEFT, STEP SLIDE

- 25&26 Lock step left-right-left (left stepping forward, right toe hooking behind left heel, left foot stepping forward)
- 27-28 Step up right, slide left up next to right and touch
- 29-30 Step back left, touch right next to left

HIP BUMPS, AND ½ TURN LEFT

- 31-32 Double bump to left
- 33-34 Double bump to right
- 34-38 Bump left-right-left-right
- 39 Step forward right
- 40 Turn ½ turn left (left foot taking weight to begin again)

REPEAT
