

# 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

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