

The Shake

拍數: 64 牆數: 4 級數: Improver
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音樂: The Shake - Neal McCoy



SIDE SHUFFLE LEFT, CROSS-STEP & SHIMMY, SIDE-SHUFFLE RIGHT, CROSS-STEP & SHIMMY

- 1&2 Step left to left, step right together with left, step left to left
3&4 Step forward on right at 45 degrees across left while shimmying shoulders forward, back, forward
5&6 Step right to right, step left together with right
7&8 Step right to right, step forward on left at 45 degrees across right while shimmying shoulders forward, back, forward

TOE HEEL-STEPS BACKWARDS WITH "COME ON" HANDS

(With both hands out in front beckon towards yourself with fingers on each beat)

- 9-10 Touch left toe back at 45 degrees, step down on left foot
11-12 Touch right toe back at 45 degrees, step down on right foot
13-16 Touch left toe back at 45 degrees, step down on left foot, step right next to left, hold (weight on left)

STEP RIGHT SIDE & SHIMMY, STEP LEFT SIDE & SHIMMY, FORWARD RIGHT & SHIMMY, BACK LEFT & SHIMMY

- 17-20 While shimmying shoulders: step right to right side, hold, step left together right, hold
21-24 While shimmying shoulders: step left to left side, hold, step right together left, hold
25-28 While shimmying shoulders: step forward on right, hold, step left together right, hold
29-32 While shimmying shoulders: step back on left, hold, step right together left, hold

SHUFFLE FORWARD, SHUFFLE TURN, WALK BACK AND KICK-REPEAT

- 33&34 Step forward on right, step left together & slightly behind right, step forward on right
35&36 Step forward on left turning ½ turn right

STEP BACK ON RIGHT TOGETHER AND SLIGHTLY IN FRONT OF LEFT, STEP BACK ON LEFT

- 37-40 Step back on right, step back on left, step back on right, kick left forward
41&42 Step forward on left, step right together & slightly behind left, step forward on left
43&44 Step forward on right turning ½ turn left

STEP BACK ON LEFT TOGETHER AND SLIGHTLY IN FRONT OF RIGHT, STEP BACK ON RIGHT

- 45-48 Step back on left, step back on right, step back on left, kick right forward

ONE & QUARTER ROLLING VINE RIGHT, MONTEREY TURNS, SIDE TAPS

- 49-52 While traveling to right turn 1-¼ turns to the right, stepping right-left-right-left (finish weight left)
53-56 Point right to right side, step right together with left as you turn ½ turn right point left to left side, step left together with right
57-60 Point right to right side, step right together with left as you turn ½ turn right point left to left side, touch left together with right (weight finish right)
61-64 Step left to left side, touch right together left, step right to right side, touch left together right

REPEAT

On walls 2 and 4, add the following tag after count 64

- 65-66 Step forward on left at 45 degrees, touch right next to left and clap
67-68 Step back on right at 45 degrees, touch left next to right and clap

69-70 Step back on left at 45 degrees, touch right next to left and clap
71-72 Step forward on right at 45 degrees, touch left next to right and clap
Dance ends shuffle left & shimmy, then shuffle right with $\frac{1}{4}$ turn right and shimmy
