

The Shake

拍數: 64 牆數: 4 級數: Improver
編舞者: Victor van der Meer (AUS)
音樂: The Shake - Neal McCoy



- 1-2-3-4 Step right forward, scuff left forward, step left forward, scuff right forward
5&6-7-8 Shuffle forward right, step left forward pivot ½
- 1-2-3-4 Step left forward, scuff right forward, step right forward, scuff left forward
5&6-7-8 Shuffle forward left, step right forward pivot ½
- 1-2&
3-4 Kick right across left, kick right across left, step right to right side
Step left to left side, hold
- 1-2&
3-4 Kick right across left, kick right across left, step right to right side
Step left to left side, hold
- 1-2-3-4 Step right forward, slow ¼ turn left as you are shaking your shoulders
5-6-7-8 Left toe over right, drop heel to floor, right toe to side, drop heel to floor
- 1-2-3&4 Cross/rock left over right, rock back onto right, side shuffle left turning ½ turn left
5&6-7-8 Side shuffle right, cross left behind right, replace weight to right
- 1&2-3&4 Kick-ball-change left to left side twice
5&6-7&8 Side shuffle left, right, left, turn ½ right side shuffle right, left, right
- 1&2-3&4 Kick-ball-change left over right twice
5-6-7-8 Tap left heel forward for 4 counts
- 1-2-3-4 Step right forward, touch left next to right, step left back, touch right next to left
5-6-7-8 Step right forward, touch left next to right, step left back, touch right next to left
Shake your shoulders for the last 8 counts

REPEAT

TAG

At the end of the 2nd and 4th wall, repeat the last 8 beats again