

The Shake!

拍數: 72 牆數: 4 級數: Improver
編舞者: Lisa Johns-Grose (USA)
音樂: The Shake - Neal McCoy



TAP-TAP-RIGHT COASTER-TAP-TAP LEFT COASTER

1-2 Tap right heel forward 2x
3&4 Step right foot back, step left next to right, step right forward
5-6 Tap left heel forward 2x
7&8 Step left foot back, step right next to left, step left forward

SIDE-BEHIND-CHA-CHA-SIDE BEHIND-CHA-CHA

1-2 Step right to right, step left behind right
3&4 Right cha-cha-cha in place
5-6 Step left to left, step right behind left
7&8 Left cha-cha-cha in place

TOUCH-DOWN-TOUCH-DOWN-BUTTERFLIES-HEEL SPLITS

1-2 Touch right out to right side, step right down next to left
3-4 Touch left to left side, step left down next to right
5-6 Spread heels apart, close heels together
7-8 Split toes kick right forward, step right down ¼ turn right, step left next to right apart, close toes together

STOMP-CLAP-STOMP-CLAP-STOMP-CLAP-STOMP-CLAP

1-2 Stomp right foot forward, hold and clap
3-4 Stomp left foot forward, hold and clap
5-6 Stomp right foot forward, hold and clap
7-8 Stomp left foot forward, hold and clap

SIDE-BEHIND-SIDE-BEHIND-SIDE-STOMP-KICK 2 X

1-2 Step right to right, step left behind right
3-4 Step right to right, step left behind right
5-6 Step right to right, stomp left next to right
7-8 Kick left forward across right 2 times

SIDE-BEHIND-SIDE-BEHIND-SIDE-STOMP-KICK 2 X

1-2 Step left to left, step right behind left
3-4 Step left to left, step right behind left
5-6 Step left to left, stomp right beside left
7-8 Kick right forward across left 2 times

TOUCH ¼ RIGHT-KICK ¼ RIGHT-KICK ¼ RIGHT-STOMP-STOMP

1-2 Touch right toe behind left heel, pivot ¼ turn right (weight remains on left)
3&4 Kick right forward, step right down ¼ turn right, step left next to right
5&6 Kick right forward, step right down ¼ turn right, step left next to right
7-8 Stomp right in place, stomp left in place

OUT-CROSS-UNWIND-HOLD/CLAP-RIGHT HIPS 2 X-LEFT HIP 2 X

&1-2 Step right out, step left out, cross right over left
3-4 Unwind ½ turn left, hold/clap

5-6 Bump right hip twice

7-8 Bump left hip twice

For styling while doing hip bumps

5-6 (Women) touch right hand behind right ear, hold

(Men) put right hand on right rear pocket, hold

7-8 (Women) touch left hand behind left ear, hold

(Men) put left hand on left rear pocket, hold

HIPS RIGHT 2X-HIPS LEFT 2X-HIPS RIGHT-LEFT-RIGHT-LEFT

1-2 Bump right hip twice

3-4 Bump left hip twice

5-6 Bump hips right, left

7-8 Repeat 5-6

REPEAT
