

# Shakedown

**COPPER KNOB**  
STEPSHETS

拍數: 40      牆數: 2      級數: Improver  
編舞者: Karen Hedges (USA)  
音樂: The Shake - Neal McCoy



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## SHAKE IT TO THE LEFT, SHAKE IT TO THE RIGHT

1-2            Bump hips left, bump hips left  
3-4            Bump hips right, bump hips right  
5-6            Bump hips left, bump hips right  
7-8            Bump hips left, bump hips right

## ROCK STEPS, TRIPLE IN PLACE

9-10           Rock forward on left, rock back on right  
11&12        Step in place left, right, left  
13-14        Rock forward on right, rock back on left  
15&16        Step in place right, left, right

## LEFT SIDE STEPS/RIGHT TOE TOUCHES/RIGHT ½ TURN

17-18        Step to left, step right beside left  
19-20        Step to left, touch right toe beside left instep  
21-22        Touch right toe to right side touch right toe to instep of left foot  
23-24        Step to right and pivot ½ turn right, step together with left

## HIP BUMPS, STEP CLAPS

25-26        Bump hips right, bump hips left  
27-28        Bump hips right, bump hips left  
29&30        Step forward right, clap 2X  
31-32        Step forward left, clap 1X

## BACK STEP RIGHT WITH SHIMMY SHAKES

33-36        Step back on right and bring left foot to it as you shimmy shake back  
37-38        Step to left, shimmy shake,  
39-40        Bring left back beside right, shimmy shake

## REPEAT

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