

Shakedown

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Mikael Mölsä (FIN) - 8 February 2006
音樂: Shakedown - Bob Seger



Note: Special thanks to Tobias Storch for finding the song. Thank you dude!

KICKS, ¼ LEFT TURNING HITCH, SLIDE, TOGETHER

1-2 Kick right foot forward, kick right foot to the side
3-4 Kick right foot back, hitch right foot and turn ¼ to the left (now facing 9:00)
5-6 Pushing with your left foot take a big step to the right with the right foot, hold
7-8 Bring left foot next to right foot stepping weight on the left, hold

KICKS, ¼ LEFT TURNING HITCH, SLIDE, TOGETHER

1-2 Kick right foot forward, kick right foot to the side
3-4 Kick right foot back, hitch right foot and turn ¼ to the left (now facing 6:00)
5-6 Pushing with your left foot take a big step to the right with the right foot, hold
7-8 Bring left foot next to right foot stepping weight on the left, hold

HEEL SWITCHES, ½ PIVOT TURN, ½ TURN, SWEEP, ROCK STEP

1& Touch right heel forward, step right next to left
2& Touch left heel forward, step left next to right
3-4 Step right foot forward, turn ½ to the left (weight ends up on the left foot) (now facing 12:00)
5-6 Turn ½ to the left by stepping right back, sweep left behind right (now facing 6:00)
7-8 Rock back on left, recover weight back to right (weight ends up on the right foot)

ROCK STEP, COASTER STEP, STEP OUT, HOLD, STEP OUT, HOLD

1-2 Rock forward on the left, recover weight back to right
3&4 Step back on left, step right next to left, step forward on left
5-6 Step right foot to the right side, hold
7-8 Step left foot to the left side, hold

KICK BALL CROSS, TOE TWISTS, KICK BALL CROSS, TOE TWIST, KICK

1&2 Kick right foot right diagonal, step right next to left, step left across right
3 Tap right toe next to left and move your left heel to the right
4 Tap right heel next to left and move your left toe to the right
5&6 Kick right foot right diagonal, step right next to left, step left across right
7 Tap right toe next to left and move your left heel to the right
8 Kick right foot right diagonal and move your left toe to the right

KICK, BEHIND, SIDE, CROSS, KICK, ROCK STEP, HOLD

1-2 Kick right foot right diagonal, step right behind left
3-4 Step left to left side, step right over left
5 Kick left foot left diagonal
6-7-8 Rock back on your left, recover weight back to right, hold

STEP, ½ TURN, STEP, HOLD, STEP, ¼ TURN, STEP, HOLD

1-2 Step left foot forward, pivot turn a ½ to the right (weight ends on right) (now facing 12:00)
3-4 Step left foot forward, hold
5-6 Step right foot forward, pivot turn a ¼ to the left (weight ends on left) (now facing 9:00)
7-8 Step right foot forward, hold

STEP, ½ TURN, STEP, HOLD, STEP OUT, HOLD, STEP OUT, HOLD

- 1-2 Step left foot forward, pivot turn a ½ to the right (weight ends on right) (now facing 3:00)
- 3-4 Step left foot forward, hold
- 5-6 Step right foot to the right side, hold
- 7-8 Step left foot to the left side, hold

REPEAT

TAG 1 (16 counts, after wall 1):

STEP, HOLD, ½ PIVOT TURN, HOLD, SHORTY GEORGES

- 1-2 Step right foot forward, hold
- 3-4 Turn ½ to the left (weight ends up on left), hold
- 5-6 Kick right foot diagonal, bring right next to left and turn both knees to left (bend your knees, weight ends up on left)
- 7-8 Step right foot forward and turn both knees to right (bend your knees, weight ends up on right), step left foot forward and turn both knees to left (bend your knees, weight ends up on left)

STEP, HOLD, ½ PIVOT TURN, HOLD, SHORTY GEORGES

- 1-2 Step right foot forward, hold
- 3-4 Turn ½ to the left (weight ends up on left), hold
- 5-6 Kick right foot diagonal, bring right next to left and turn both knees to left (bend your knees, weight ends up on left)
- 7-8 Step right foot forward and turn both knees to right (bend your knees, weight ends up on right), step left foot forward and turn both knees to left (bend your knees, weight ends up on left)

MODIFIED RESTART (after wall 6): Dance the first 24 counts with the following exception to the 3rd set of 8's:

HEEL SWITCHES, ½ PIVOT TURN, ½ TURN, SWEEP, SAILOR STEP

- 1& Touch right heel forward, step right next to left
- 2& Touch left heel forward, step left next to right
- 3-4 Step right foot forward, turn ½ to the left (weight ends up on the left foot)
- 5 Turn ½ to the left by stepping right back
- 6-7-8 Step left behind right, step right next to left, step left to left side

...and restart the dance from the top.

RESTART (after wall 3, in the halfway of wall 4): Dance the dance halfway through (to the count 32) and start from the top again.

Last Update - 11 Feb. 2022
