

Shakee Legs

拍數: 0 牆數: 1 級數: Intermediate/Advanced
編舞者: Charyle Hartje (USA) & Gary Clayton (USA)
音樂: Talk Back Trembling Lips - Ronna Reeves



Sequence: ABB ACC Tag BBA Finish

PART A

SIDE, DRAG, ROCK, RECOVER, SIDE, DRAG, ROCK, RECOVER

- 1-2 Step right side right, drag left toe towards right (extend arms out to side)
- 3-4 Rock back left behind right, recover right in place (bring arms down and in front)
- 5-6 Step left side left, drag right toe towards left (extend arms out to side)
- 7-8 Rock back right behind left, recover left in place (bring arms down and in front)

SIDE, TOGETHER, SIDE, TOGETHER

- 1-2 Step right to side right (shaky legs - while stepping right, move knees in and out)
- 3-4 Step left next to right (shaky legs - while stepping together, move knees in and out)
- 5-6 Step right to side right (shaky legs - while stepping right, move knees in and out)
- 7-8 Step left next to right (shaky legs - while stepping together, move knees in and out)

Option: toe-heels to the right side for eight counts starting with the right foot

Styling: place hands on hips with elbows out

SIDE, RECOVER, CROSS, SIDE, RECOVER, CROSS, POINT, HOLD

- 1-2 Rock step right to side right, recover weight on left
- 3-4 Step right over left, rock step left side left
- 5-6 Recover weight on right, step left over right
- 7-8 Point right toe to side right, hold

SIDE, RECOVER, CROSS, SIDE, RECOVER, CROSS, POINT, HOLD

- 1-8 Repeat previous eight counts

SIDE, DRAG, ROCK, RECOVER, SIDE, DRAG, ROCK, RECOVER

- 1-2 Step right side right, drag left toe towards right
- 3-4 Rock back left behind right, recover right in place
- 5-6 Step left side left, drag right toe towards left
- 7-8 Rock back right behind left, recover left in place

FORWARD, DRAG, BALL-CHANGE, BACK, DRAG, BALL-CHANGE

- 1-2 Step right forward, drag left toe towards right (extend left arm forward, right arm to side)
- 3-4 Step ball of left next to right, step right in place
- 5-6 Step left back, drag right toe towards left (extend right arm forward, left arm to side)
- 7-8 Step ball of right next to left, step left in place

SIDE, BEHIND, SIDE, CROSS, SHUFFLE RIGHT, ROCK, RECOVER

- 1-2 Step right side right, step left behind right
- 3-4 Step right side right, step left over right
- 5&6 Shuffle side right (right, left, right)
- 7-8 Rock step left behind right, recover right in place

SIDE, BEHIND, SIDE, CROSS, SHUFFLE LEFT, ROCK, RECOVER

- 1-2 Step left side left, step right behind left
- 3-4 Step left side left, step right over left

- 5&6 Shuffle side left (left, right, left)
7-8 Rock step right behind left, recover left in place

ROCK, RECOVER, ROCK, RECOVER

- 1-2 Rock step right forward, recover left in place
3-4 Rock step right back, recover left in place

PART B

HEEL, TOGETHER, HEEL, TOGETHER, HEEL, HOOK, STEP, PIVOT

- 1-2 Touch right heel forward, step right next to left
3-4 Touch left heel forward, step left next to right
5-6 Touch right heel forward, hook right across left shin
7-8 Step forward right, pivot ½ turn to left (weight to left)

SIDE, BEHIND, SIDE, CROSS & CROSS, SIDE, BEHIND, SIDE

- 1-2 Step right side right, step left behind right
3-4 Step right side right, cross step left over right
&5-6 Step right slightly side right, cross step left over right, step right side right
7-8 Step left behind right, step right side right

SIDE, BEHIND, SIDE, CROSS, SIDE, BEHIND, POINT, HOLD

- 1-2 Step left side left, step right behind left
3-4 Step left side left, step right over left
5-6 Step left side left, step right behind left
7-8 Point left side left, hold

CROSS, POINT, CROSS, POINT, ROCK, RECOVER, ½ TURN SHUFFLE

- 1-2 Cross step left over right, point right side right
3-4 Cross step right over left, point left side left
5-6 Rock step left forward, recover right in place
7&8 Shuffle turning ½ turn left (left, right, left)

PART C

TOE, HEEL, SCOOT, SIDE, CROSS, SIDE, KNEE BEND, STRAIGHTEN

- 1-2 Touch right toe to left instep, touch right heel next to left toe
3-4 Scoot on left to right side, step right side right
5-6 Step left over right, step right side right
7-8 Bend knees into sitting position, straighten knees back to standing position

TOE, HEEL, SCOOT, SIDE, CROSS, SIDE, KNEE BEND, STRAIGHTEN

- 1-8 Repeat previous eight counts to opposite side (starting with left foot)

RIGHT LOCK-STEP FORWARD, STEP, PIVOT, BRUSH, SCOOT, STOMP

- 1-2 Step right forward, lock step left behind right
3-4 Step right forward, step left forward
5-6 Pivot ½ turn right, brush left forward
7-8 Scoot in place on right, stomp left next to right

RIGHT LOCK-STEP FORWARD, STEP, PIVOT, BRUSH, SCOOT, STOMP

- 1-8 Repeat previous eight counts

TAG

ROCK, RECOVER, ROCK, RECOVER

- 1-2 Rock step right forward, recover left in place
3-4 Rock step right back, recover left in place

FINISH**SIDE, BEHIND, SIDE, CROSS, SHUFFLE SIDE, ROCK, RECOVER**

- 1-2 Step right side right, step left behind right
- 3-4 Step right side right, step left over right
- 5&6 Shuffle side right (right, left, right)
- 7-8 Rock step left behind right, recover right in place

SIDE, BEHIND, SIDE, CROSS, SHUFFLE SIDE, ROCK, RECOVER

- 1-2 Step left side left, step right behind left
- 3-4 Step left side left, step right over left
- 5&6 Shuffle side left (left, right, left)
- 7-8 Rock step right behind left, recover left in place

BRUSH, SCOOT, STOMP

- 1-2 Right forward, scoot forward on left
 - 3 Stomp right next to left
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