

Shakin'

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Gloria Johnson (USA)
音樂: The Shake - Neal McCoy



SHAKES

1-2 Bump hips to the left twice
2-3 Bump hips to the right twice
5-8 Bump hips to the left, to the right, to the left, to the right

MAMBO STEPS W. ¼ TURN AND ½ TURN

9-10 Rock step forward on right foot; step in place on left
11-12 Rock step backward on right foot; step in place on left
13-14 Step forward on right foot; pivot ¼ turn left
15-16 Step forward on right foot; pivot ½ turn left.

TOE-HEEL SWITCHES

17-18 Touch right beside left in-step; touch right heel beside left in-step
&19-20 Switch weight to right foot and touch left toe beside right instep; touch left heel beside right in-step
&21 Switch weight to left foot and touch right heel forward
&22 Switch weight to right foot and touch left heel forward
&23 Switch weight to left foot and touch right toe to right side
24 Step right foot beside left.

GRAPEVINE LEFT; ROLLING GRAPEVINE RIGHT

25-26 Step left foot to left side; step right behind left
27-28 Step left foot to left side; step right beside left.
29-30 Step right foot to right side pointing foot ¼ turn right; pivot ½ turn right placing weight on left foot
31-32 Complete full turn by pivoting ½ right placing weight on right foot; step left beside right.

REPEAT
