

Shakin' The Shack

COPPER KNOB
BY STEPHEN METZ

拍數: 0 牆數: 0 級數:
編舞者: Jo Thompson Szymanski (USA)
音樂: Shakin' The Shack - The Fantastic Shakers



Sequence: AAB, AAB, AAB, A with ending. To start at the right place, wait 48 counts and start with the lyrics.
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PART "A"

VINE RIGHT, ½ TURN RIGHT, 2 SAILOR SHUFFLES, REPEAT

- 1-2 Step right foot to right side, step left foot crossed behind right
3-4 Step right foot to right side turning ½ right, step left foot to left side
5&6 Step right foot crossed behind left, rock ball of left foot to left side, step right foot centered under body
7&8 Step left foot crossed behind right, rock ball of right foot to right side, step left foot centered under body
1-8 Repeat above 8 counts

HIP BUMPS RIGHT, HIP BUMPS LEFT, STEP, ¼ TURN LEFT, STEP, ¼ TURN LEFT, REPEAT

- 1&2 Place right foot forward bump hips right, hips center, bump hips right shifting weight to right foot
3&4 Place left foot forward bump hips left, hips center, bump hips left shifting weight to left foot
5-6 Step forward with right foot, turn ¼ left shifting weight to left foot
7-8 Repeat above 2 counts. These quarter turns can be done with counter to the right hip circles
1-8 Repeat above 8 counts

KICK, BALL CHANGE, KICK, BALL CHANGE, KICK & BOOGIE WALK FORWARD

- 1&2 Kick right foot forward, rock back on ball of right foot, replace weight forward to left foot
3&4 Kick right foot forward, rock back on ball of right foot, replace weight forward to left foot
5 Kick right foot out to right side, shifting hips to right, raising left heel up so that you are up on the ball of the left foot
& Step together with right foot
6 Step forward on ball of left foot. You are now on the balls of both feet. Bend both knees and shift both knees to the left side, hips are shifted left also. This is a "Boogie Walk" or "Shorty George" from the Vaudeville days
7 Step forward on ball of right foot. On balls of both feet, keep knees bent, shift both knees & hips right
8 Step forward on ball of left foot. On balls of both feet, keep knees bent, shift both knees and hips left

An easier option for the above 4 counts, do a third kick, ball change & walk forward right, left

STEP, ½ TURN LEFT, TRIPLE FORWARD, STEP, ½ TURN RIGHT, ¼ TURN RIGHT, BIG STEP LEFT, DRAG

- 1-2 Step forward with right foot, turn ½ left shifting weight forward to left foot
3&4 Step forward with right foot, step together with left foot, step forward with right foot
5-6 Step forward with left foot, turn ½ right shifting weight forward to right foot
7-8 Turn ¼ right on right foot, take a big step to left side, letting right foot drag in toward left foot, touch right foot beside left

PART "B"

POINT, CROSS 4 TIMES, ROCK FORWARD, STEP, 2 TRIPLES BACK, ROCK BACK, STEP

- 1-2 Point right toe to right side, step right foot across in front of left
3-4 Point left toe to left side, step left foot across in front of right

- 5-6 Point right toe to right side, step right foot across in front of left
7-8 Point left toe to left side, step left foot across in front of right
1-2 Rock forward with right foot, recover weight back to left foot
3&4 Step back with right foot, step together with left foot, step back with right foot
5&6 Step back with left foot, step together with right foot, step back with left foot
These two triple can be done with a right full turn as an option (½ turn right on each triple)
7-8 Rock back with right foot, recover weight forward to left foot
1-16 Repeat above 16 counts

ENDING

The last time through part "A" there will be an ending that goes with the music. You do part "A" through the kick ball changes and the kick & boogie walks. Repeat the kick ball changes and kick & boogie walk two more times. Then:

- 1-2 Step forward with right foot, turn ½ left shifting weight forward to left foot
3&4 Triple forward with right
5-6 Step forward with left foot, turn ½ right shifting weight forward to right foot
7&8 Triple forward with left foot
1-2 Step forward with right foot, turn ½ left shifting weight forward to left foot
3&4 Triple forward with right foot
5-6 Step forward with left foot, turn ½ right shifting weight forward to right foot
7-8 Turn ¼ right on right foot, take a big step to left side, letting right foot drag in toward left foot, touch right foot beside left

On the drum roll, just face the front. on the horn, arms go up the front and over head. drop arms & head down on last drum beat.
