

Superkings Shake

拍數: 64 牆數: 2 級數: Improver
編舞者: Ros Brander-Stephenson (UK)
音樂: That's the Way (I Like It) - Scooter Lee



- 1-2 Step forward on right foot, touch left toe next to right instep
3&4 Keeping weight on right side, touch left toe out to left side on the & beat, bring left toe into right instep, then touch left toe out to left side
5-6 Step forward on left foot, touch right toe next to left instep
7&8 Keeping weight on left side, touch right toe out to right side on the & beat, bring right toe into the left instep, then touch right toe out to right side
- 9-10 Step back on the right foot, touch left toe next to right instep
11&12 Keeping weight on the right side, touch left toe out to left side on the & beat, bringing left toe into right instep, then touch left toe out to left side
13-14 Using left foot, link behind right making a $\frac{3}{4}$ turn left
15-16 With weight on the right side, shake hips to the right twice
- 17-32 Repeat steps 1-16
- 33-36 Step forward on right foot, hook left foot behind right calf. With weight on right side, make a $\frac{1}{2}$ turn right. Step left foot back and transfer weight to left side, touching right heel forward
37-40 Repeat steps 33-36
- Optional arm movements on steps 33-40: As you step forward on right, make a sweeping movement with the right arm, bringing the palm of the hand over the head, as if brushing the hair, then extend the right arm out in the front with the palm facing out**
- 41&42 Shuffle forward on right-left-right
43&44 Shuffle forward on left-right-left
45-46 Rock forward on right, recover back on left
47&48 Make a $\frac{3}{4}$ turn right doing right-left-right
- 49-52 Step forward on left foot, hook right foot behind left calf, with weight on left, make a $\frac{1}{2}$ turn left. Step right foot back and transfer weight to right side, touching left heel forward (with arm movements, using left hand)
53-56 Repeat steps 49-52 (with arm movements)
57&58 Shuffle forward on left-right-left
59&60 Shuffle forward on right-left-right
61-62 Rock forward on left, recover back on right
63&64 Make a $\frac{3}{4}$ turn left doing left-right-left

REPEAT
