

The Funky Shake

COPPER KNOB
STEPSHEETS

拍數: 136 牆數: 0 級數:
編舞者: Michelle Moore (USA)
音樂: The Shake - Neal McCoy



- 1&2 Right foot kick ball change
3&4 Right foot kick ball change
5&6 Step out in front with right foot and pivot ½ turn to left
7&8 Step out with right foot again & pivot ½ turn to left
- 9&10 Shuffle forward right-left-right
11&12 Shuffle forward left-right-left
13&14 Shuffle backward right-left-right
15&16 Shuffle backward left-right-left
- 17&18 Tap right toe to right side twice
19&20 Jump left toe to left side and tap twice
21 Jump right toe out to right side
22 Jump left toe out to left side
23 Jump right toe out to right side
24 Jump left toe out to left side
- 25 Cross left foot over and in front of right
26 Point right toe out to right side
27 Cross right foot over and in front of left
28 Point left toe out to left side
29 (From side position) take left foot and cross behind right foot going backwards
30 Point right toe out to right side
31 Cross right foot backward and behind left
32 Point left toe out to left side
- 33-34 Step left foot forward and pivot ½ turn
35-36 Step left foot forward and pivot ½ turn
37 Take one step forward with left foot
38-39 Step forward with right foot and pivot ½ turn to left
40 Take one step forward with right foot

DUCK WALK, (TOE HEEL WALK, WITH HEAD AND BODY BOBBING LIKE A DUCK)

- 41-42 Left foot toe, heel
43-44 Right foot toe, heel
45-46 Left foot toe, heel
47-48 Right foot toe, heel

ROGER RABBIT MOVING BACKWARD

- 49-50 Left foot behind right and right foot behind left
51-52 Left foot behind right and right foot behind left
53&54& (Very quickly) left foot out, right foot out, left foot in, right foot in
55&56& (Repeat) left foot out, right foot out, left foot in, right foot in (we call this move out,out, in,in)

When you hear the chorus start

- 57-58 Bending at the waist, shake shoulders
59-60 Stand up straight, shake hips

- 61-62 Bending at the waist, shake shoulders
63-64 Stand up straight, shake hips
When he sings "shake it to the left"
65-68 Step out with your left foot while shaking your body and slide right foot over to left
When he sings "shake it to the right"
69-72 Step out with your right foot while shaking you body and slide left foot over to right.

JUMP/TURN

- 73-76 Left foot out, right foot out, left foot in, right foot cross over left, spin ½ turn.
77-80 Bending knees, swing hips right, left, right & left.
When he sings "shake it real funky"
81-84 While shaking hips pretend to be swimming with arms
When he's singing "shake it real low"
85-88 Standing in place, roll your hips around.
When he's singing "shake it till you can't shake it no more"
89-96 Put your arms straight out to sides, feet are slightly apart, and shake everything you can while swaying from right to left. (that is the end of the chorus)
- 97-100 Grapevine left-step left foot to left side, step right foot behind left, step left foot to left and touch right toe next to left foot.
101-104 Grapevine right-step right foot to right, step left foot behind right, step right foot to right and touch left toe next to right.

MOVING FORWARD

- 105-108 Step left foot forward, & slide right foot up next to left, step left foot forward, & touch right toe next to left.
109-112 (Walking backward) start walk with right foot, step back with left foot, start a ¼ turn to the right with right foot and stomp left foot next to right.
113-116 (Knee pops) going up on right toe, pop right knee forward, going up on left toe, pop left knee forward, right knee again, left knee again.
117-120 (Elvis) or half moon with right knee, half moon with left knee.

EIGHT COUNTS FROM NEAL McCOY'S VIDEO

- 121-128 Feet are slightly apart, arms are bent at elbow, when right hip is out, right hand is down, when left hip is out, left hand is down, shake from right to left.

ANOTHER EIGHT COUNTS

- 129-136 With hands behind head bump hips twice to the right, twice to the left, then right, left, right, left.

REPEAT

You will do this dance three complete times. At the end of the third time, he just keeps singing the ending over & over. You just keep doing the last 16 steps over & over, but you keep turning and getting together with other dancers till the song ends. The main thing is you must start when he starts singing otherwise the dance will not coincide with the words of the song. It's a lot of steps but it really looks great and it's a lot of fun.
