

Body Shake

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Susan Hunt
音樂: Super Love - Exile



SYNCOPATED GRAPEVINE RIGHT, ROCK, RECOVER

- 1 Step right foot to right
- & Step left foot behind right
- 2 Step right foot to right
- 3 Shift weight to left foot while bending right knee forward
- 4 Shift weight to right foot while bending left knee forward

SYNCOPATED GRAPEVINE LEFT, ROCK, RECOVER

- 5 Step left foot to left
- & Step right foot behind left
- 6 Step left foot to left
- 7 Shift weight to right foot while bending left knee forward
- 8 Shift weight to left foot while bending right knee forward

STEP, BACK, BACK, STEP

- 9 Step forward on right foot lifting left foot off floor
- 10 Step back on left foot lifting right foot off floor
- 11 Step back on right foot lifting left foot off floor
- 12 Step forward on right foot lifting left foot off floor

STEP, PIVOT ½, STEP, ¼ TURN

- 13 Step forward on right
- 14 Pivot ½ turn to the left on balls of both feet
- 15 Step forward on right
- 16 Pivot ¼ turn to the left on balls of both feet

DOUBLE TIME STEP, BACK, BACK, STEP, STEP, BACK, BACK

- 17 Step forward on right lifting left foot off the floor
- & Step back on left lifting right foot off the floor
- 18 Step back on right lifting left foot off the floor
- & Step forward on left lifting right foot off the floor
- 19 Step forward on right lifting left foot off the floor
- & Step back on left lifting right foot off the floor
- 20 Step back on right lifting left foot off the floor

STEP, SLIDE, CIRCLE HIPS

- 21 Take a long step forward on left foot
- 22 Slide right foot beside left
- 23-24 Circle hips counterclockwise

GRAPEVINE RIGHT, STOMP, GRAPEVINE LEFT, STOMP

- 25 Step right to right
- 26 Step left behind right
- 27 Step right to right
- 28 Stomp left beside right
- 29 Step left to left

- 30 Step right behind left
- 31 Step left to left
- 32 Stomp right beside left

REPEAT
