

# Ahhhh....Shake It!

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Barbara R. K. Wallace (CAN)  
音樂: Shake It - Chris Gill



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## **RIGHT TOE BACK, TOGETHER, HEEL HOOK, TWIST HEELS RIGHT, CENTER, RIGHT, CENTER**

- 1-4      Touch the right toe back, touch the right toe beside the left foot, right heel forward hook right foot in front of the left shin
- 5-8      Bring the right foot beside the left as you twist both heels right, twist both heels center, twist both heels right, twist both heels center

## **LEFT TOE BACK, TOGETHER, HEEL HOOK, TWIST HEELS LEFT, CENTER, LEFT, CENTER**

- 9-12      Touch the left toe back, touch the left toe beside the right foot, left heel forward hook left foot in front of the right shin
- 13-16      Bring the left foot beside the right as you twist both heels left, twist both heels center, twist both heels left, twist both heels center

## **DIAGONAL SYNCOPATED STEP FORWARD, 4 HEEL BOUNCES TURNING ¼ LEFT**

- 17-18&19-20      Stomp right foot forward angling body to the left, clap, scoot the left foot forward to land behind the right foot, stomp forward on the right foot and clap
- 21-24      While on the balls of both feet, bounce the heels four times as you make a ¼ turn to the left (weight ends on the left foot)

## **HEEL SWITCHES RIGHT AND LEFT, TAP RIGHT HEEL TWICE**

- 25&26&27-28      Right heel forward, step on the right foot, left heel forward, step on the left foot, tap the right heel forward twice
- 29-32      Tap right heel out, tap right heel in, kick right foot forward twice

## **STEP FORWARD RIGHT, HOLD, PIVOT ½ LEFT, HOLD, SKATE FORWARD RIGHT AND LEFT, MAKE ¼ TURN LEFT**

- 33-36      Step forward on the right foot, hold, ½ pivot turn to the left, hold
- 37-38      Skate forward right and left
- 39-40      Step forward on the right and make ¼ turn left (weight is on the left foot)

## **LINDY RIGHT, SIDE SHUFFLE LEFT, ¼ TURN RIGHT WITH A ROCK RECOVER**

- 41&42-43-44      Side shuffle right, left, right, rock back on the left, recover on the right
- 45&46&      Side shuffle left, right, left, make ¼ turn to the right
- 47-48      Rock back on the right, recover on the left

**REPEAT**

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