

Boom Shake Shake

拍數: 32 牆數: 4 級數: Beginner
編舞者: Daniel Trepát (NL) & Roy Verdonk (NL)
音樂: Boom! Shake the Room - DJ Jazzy Jeff & The Fresh Prince



Lunge, fwd sailerstep, jump, heels up and down, shimmy shoulders.

- 1 RF Rock to right side, lift right shoulder
- 2 LF Recover weight to LF, shoulder down
- 3 RF Cross behind LF
- & LF Small step forward
- 4 RF Small step forward
- 5 LF Little jump forward
- & LF Lift heels of both feet
- 6 LF Put your heels down
- 7 Shimmy shoulders
- 8 Shimmy shoulders

Cross rock, side, knee roll 1/4 turn, toe heel swivels, 1/2 turn right with rondé.

- 1 RF Cross rock in front of LF
- & LF Recover weight to LF
- 2 RF Step to right side
- 3-4 LF Turn your left knee from inside to outside, at same time make 1/4 turn left, weight ends on LF
- 5 RF Point toe to right side with your heel to the right
- & RF Turn heel in
- 6 RF Turn heel out
- & RF Turn heel in
- 7 RF Turn heel out
- 8 RF Rondé with RF from front to back and make a 1/2 turn right.

Behind, side, cross, side rock, behind, step, drag & hitch.

- 1 RF Cross behind LF
- & LF Step to left side
- 2 RF Cross over LF
- 3 LF Rock to left side
- & RF Recover weight to RF
- 4 LF Step behind RF
- 5 RF Step on ball of RF to right side, chest forward
- & LF Step next to LF and hitch right knee, chest back
- 6 RF Step on ball of RF to right side, chest forward
- & LF Step next to LF and hitch right knee, chest back
- 7 RF Step on ball of RF to right side, chest forward
- & LF Step next to LF and hitch right knee, chest back
- 8 RF Step on ball of RF to right side, chest forward

Kick ball step, coasterstep 1/2 turn, shuffle diagonally to right, step, flick, point.

- 1 LF Kick forward
- & LF Step on LF
- 2 RF Step forward
- 3 LF Step forward and make 1/2 turn right
- & RF Step next to LF
- 4 LF Step forward
- 5 RF Step forward diagonally to right
- & LF Step together
- 6 RF Step forward diagonally to right

7 LF Step to left side
& RF Flick RF behind left leg
8 RF Point to right side

Start over and have fun.
