

May I Shake It?

拍數: 64 牆數: 4 級數: Improver
編舞者: Leah May (CAN) - November 2007
音樂: The Shake - Neal McCoy



Start on vocals

Shuffle forward Rock Step, Shuffle back Rock Step

1&2 Shuffle forward right foot
3-4 Rock step forward onto left foot rock back onto right foot
5&6 Shuffle backwards with left foot
7-8 Rock step back onto right foot rock back onto left foot

Shuffle forward pivot 1/2 turn, toe struts

1&2 Shuffle forward right foot
3-4 Left foot pivot 1/2 turn over right shoulder
5-8 Toe struts left and right, use your hips here

Shuffle forward Rock Step, Shuffle back Rock Step

1&2 Shuffle forward left foot
3-4 Rock step forward onto right foot rock back onto left foot
5&6 Shuffle backwards with right foot
7-8 Rock step back onto left foot rock back onto right foot

Shuffle forward pivot 1/2 turn, toe struts

1&2 Shuffle forward left foot
3-4 Right foot pivot 1/2 turn over left shoulder
5-8 Toe struts right and left, use your hips here

Double heel, double toe, heel, toe, step, stomp clap

1-4 Right foot, double heel tap, double toe taps
5-8 Right foot Heel, toe, step to the right and stomp left foot beside right clap

Double heel, double toe, heel, toe, step, stomp clap

1-4 Right foot, double heel tap, double toe taps
5-8 Right foot Heel, toe, step to the right and stomp left foot beside right clap

Grapevine Right, double hip bumps left and right

1-4 Grapevine right
5-8 Double hip bump left and right

Grapevine Left 1/4 turn, double hip bumps Right and Left

1-4 Grapevine left 1/4 turn over left shoulder
5-8 Double hip bump right and left

Begin again.
