

Shake Shake Shake

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Ross Brown (ENG) - June 2008
音樂: Shake Up the Party - Glennis Grace : (CD: My Impossible Dream)



Intro: 8 Counts (Start On Main Vocals)

MAMBO FORWARD. MAMBO BACK. MAMBO ½ TURN. TRIPLE FULL TURN.

- 1&2: Rock forward with right, recover onto left, step right next to left.
3&4: Rock back with left, recover onto right, step left next to right.
5&6: Rock forward with right, recover onto left, make a ½ turn right stepping forward with right. (6 o'clock)
7&8: Make a full turn right stepping; left, right, left. (6 o'clock)

MAMBO FORWARD. MAMBO BACK. MAMBO ½ TURN. TRIPLE FULL TURN.

- 1-8 Repeat 1&2, 3&4, 5&6, 7&8 of Section 1. (12 o'clock)

RIGHT & LEFT VAUDEVILLES. TOGETHER, CROSS, BACK. TOGETHER, CROSS SHUFFLE.

- 1&2: Cross step right over left, step left to the left, tap right heel forward to right diagonal.
&3&4: Step right next to left, cross step left over right, step right to the right, tap left heel forward to left diagonal.
&5-6: Step left next to right, cross step right over left, step back with left.
&7&8: Step right next to left, cross step left over right, close right up to left, cross step left over right.

SIDE, CROSS KICK. TOGETHER, CROSS SHUFFLE. TOGETHER, JAZZ BOX.

- 1-2: Step right to the right, kick left foot across right.
&3&4: Step left next to right, cross step right over left, close left up to right, cross step right over left.
&5-6-7-8: Close left up to right, cross step right over left, step back with left, step right to the right, step left next to right.

JUMP; OUT, IN, OUT. HIP BUMPS. JUMP; IN, OUT, IN. KNEE ROLLS.

- 1&2: Jump both feet; apart, together, apart.
3&4: Bump hips; left, right, left.
5&6: Jump both feet; together, apart, together.
7-8: Roll right knee out anticlockwise, roll left knee out clockwise. (Weight ends on left foot)

Styling: The following optional styling can be added to this section.

- 1&2: With both hands at head level and palms facing forwards, wave them; apart, together, apart.
3&4: Clench both hands; push right hand up and bring left hand down, bring hands back to head level, repeat right hand push up etc.

CROSS, SIDE ROCK. CROSS, ¼ STEP, ¼ STEP. CROSS, SIDE ROCK. CROSS SHUFFLE.

- 1&2: Cross step right over left, rock left to the left, recover onto right.
3&4: Cross step left over right, make a ¼ turn left stepping back with right, make a ¼ turn left stepping left to the left. (6 o'clock)
5&6: Cross step right over left, rock left to the left, recover onto right.
7&8: Cross step left over right, close right up to left, cross step left over right.

(MODIFIED RUMBA BOX) SIDE, TOGETHER. SHUFFLE FORWARD. SIDE, TOGETHER. SHUFFLE BACK.

- 1-2: Step right to the right, step left next to right.
3&4: Step forward with right, close left up to right, step forward with right.
5-6: Step left to the left, step right next to left.
7&8: Step back with left, close right up to left, step back with left.

Styling: On the SIDE, TOGETHERs you could add CUBAN HIPS.

½ STEP, ½ STEP. COASTER STEP. STEP FORWARD, ½ STEP. 1 ½ TRIPLE TURN.

1-2: (Travelling backwards) Make a full turn right stepping; forward with right, back with left. (6 o'clock)

3&4: Step back with right, step left next to right, step forward with right.

5-6: Step forward with left, make a ½ turn left stepping back with right. (12 o'clock)

7&8: Make a 1 ½ turn left stepping; left, right, left. (6 o'clock)

Alternative: The 1 ½ TRIPLE TURN can be replaced by just a HALF TURN.

End of Dance. Repeat and Start Again.
