

Shake It

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Adrian Lefebour (AUS) - August 2008
音樂: Shake It - Metro Station



Intro: 32 Count Intro, dance moves in clock-wise direction

(1-8) Rocking Chair, ½ Pivot Turn, Shuffle Fwd

1,2 Step L fwd, Replace weight back on R
3,4 Step L back, Replace weight fwd on R
5,6 Step L fwd, ½ Pivot Turn R
7&8 Shuffle fwd on L stepping L R L

(9-17) ½ Pivot Turn, ½ Shuffle, ½ Shuffle, ¼ Pivot Turn

1,2 Step R fwd, ½ Pivot Turn L
3&4 ½ Turn L step R back, Step L next to R, Step R slightly back (1/2 Shuffle over L)

(Optional - Shuffle fwd on R)

5&6 ½ Turn L step L fwd, Step R next to L, Step L slightly fwd (1/2 Shuffle over L)

(Optional - Shuffle fwd on L)

7,8 Step R fwd, ¼ Pivot Turn L (9.00)

(18-24) Across, ¼ Turn, ¼ Turn, Across, ¼ Turn, ¼ Turn, Double Heel, Step Together

1 Step R across L
2,3 ¼ Turn R Step L back, ¼ Turn R Step R to R side (3.00)
4-6 Step L across R, ¼ Turn L Step R back, ¼ Turn L Step L to L side (9.00)
7,8& Place R heel at 45 and bounce twice, Step R next to L

(25-32) Across, ¼ Turn, ¼ Turn, Across, ¼ Turn, ¼ Turn, Double Heel, Step Together

1 Step L across R
2,3 ¼ Turn L Step R back, ¼ Turn L Step L to L side (3.00)
4-6 Step R across L, ¼ Turn R Step L back, ¼ Turn R Step R to R side (9.00)
7,8& Place L heel at 45 and bounce twice, Step L next to R

(33-40) Step Side, Replace, ½ Hinge Shuffle, Cross Shuffle, Side Shuffle

1,2 Step R to R side, Replace weight on L
3&4 ½ Hinge Shuffle over R shoulder stepping R L R (3.00)
5&6 Cross Shuffle L over R stepping L R L (3.00)
7&8 R Side Shuffle stepping R L R Restart

(41-48) Step Back, Replace, ¼ Shuffle, ½ Shuffle, ¼ Shuffle

1,2 Step L back, Replace weight fwd on R
3&4 ¼ Shuffle R going back stepping L R L (6.00)
5&6 ½ Shuffle over R shoulder going fwd stepping R L R (12.00)
7&8 ¼ Shuffle R to L side stepping L R L (3.00)

(49-56) Step Lock Shuffle, X 2

1,2 Step R fwd, Lock step L behind R
3&4 Shuffle fwd on R stepping R L R
5,6 Step L fwd, Lock step R behind L
7&8 Shuffle fwd on L stepping L R L

(57-64) ½ Pivot Turn, Step Fwd & Shimmy X 2, Pivot Turn, Step Together ½

1,2 Step R fwd, ½ Pivot Turn L (9.00)
3&4 Step R fwd and Shimmy

5&6 Step L fwd and Shimmy
7,8& Step R fwd, ½ Pivot Turn L, Step R next to L (3.00)

End Of Sequence

Restart on Wall 5: Dance up to count 40 and then restart dance at 3.00 wall.

Finish on Wall 7: On count 30 Step R back to face 12 o'clock wall and then bounce L heel twice.
