

# 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.**

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