

Shake It For Me!

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Jordan Lloyd (UK) - October 2008
音樂: Wiggle It - Ricki-Lee



Intro: 16 count intro. Start after she says "Hey".

(1-8) Rock Forward & Back, ¼ Cross & Cross, Rock & Cross, ¼ Turn, ½ Turn

1&2& Rock forward on right, recover weight back on left, rock back on right, recover weight forward on left.
3&4 Cross right over left making ¼ turn right, step left to left side, cross right over left.
5&6 Rock left to left side, recover onto right, cross left over right.
7,8 Step back on right making a ¼ turn left, step forward on left making ½ left.

(9-16) Step Hold, Ball Cross, Step, Coaster Step, Rock And Hitch.

1 2 Step forward on right , hold
&3,4 Step right back , cross left over right, step right to right side
5&6 Step back on left, step right beside left, step forward on left
7&8 Rock forward on right, recover weight back on left, hitch right

(17-24) Step Back , ¼ Step Touch , Hip Bumps, Coaster Step, Sweep ½ Turn Step

& 1 2 Step back on right , make ¼ left stepping left to left side, touch right to right side
3&4 Bump hips right left right (putting weight down on right on the last bump)
5&6 Step back on left, step right beside left, step forward on left
7,8 Sweep right leg around making ½ turn left, step down on right

(25-32) Knee Pops, ¼ Ball Step, Step, Roll , Sit , Back Rock Side, Step Behind, Step

&1 Pop both knees out , pop both knees in
&2 Step right in place, cross left over right making ¼ left
3,4,5 Step right to right side, Roll hips anti-clockwise, Sit Back on Right
6&7 Rock left behind right, recover weight on right, step left to left side
8& Step right behind left, step left to left side

(33-40) Cross, Kick Out Out, Hold, Ball Step, Back Lock Step, Rock

1,2&3 Cross right over left, kick left forward, step back left, right
4&5 Hold, bring right to left, step left to left side
6&7 Step back on right, cross left over right , step back on right
8 Rock forward on left

(41-48) Back Lock Step, Coaster Step, Touch, Hip Bumps ½ Step, Hip Bumps ½ Step

1&2 Step back on right, cross left over right, step back on right
3&4 Step back on left, bring right to left, step forward on left
5&6 Touch right forward bumping hips right left right making ½ over left (putting weight back on the right on last hip bump)
7&8 Touch left back bumping hips left right left making ½ over left (putting weight forward on left on last hip bump)

Have Fun!