

Shake It Up Shekerim

拍數: 64 牆數: 2 級數: Intermediate
編舞者: John Ng (SG) - July 2009
音樂: Shake It Up Shekerim - Kenan Dogulu



Intro: 48 counts from start of track (start on vocals)

I would like to thank my god-sister for suggesting this song.

R TOE STRUT, L TOE STRUT, SIDE ROCK CROSS, ¼ R, ¼ R, FORWARD SHUFFLE

1& Touch right toe forward, drop right heel down
2& Touch left toe to forward, drop left heel down
3&4 Rock right to right, recover onto left, cross right over left
5-6 ¼ turn right step back on left, ¼ turn right step right to right
7&8 Step forward on left, lock right behind left, step forward on left

R TOE STRUT, L TOE STRUT, SIDE ROCK CROSS, SIDE ROCK, BEHIND SIDE FORWARD

1& Touch right toe forward, drop right heel down
2& Touch left toe to forward, drop left heel down
3&4 Rock right to right, recover onto left, cross right over left
5-6 Rock left to left, recover onto right
7&8 Cross left behind right, step right to right, step forward on left

R CHASSE, ¼ L L CHASSE, TOE TOUCHES, FORWARD SHUFFLE

1&2 Step right to right, close left beside right, step right to right
3&4 ¼ turn left step left to left, close right beside left, step left to left
5&6& Touch right toe beside left, step right beside left, touch left beside right, step left beside right
7&8 Step forward on right, lock left behind right, step forward on right

ROCKING CHAIR, FORWARD, SCUFF, CROSS, UNWIND ¾ L

1-2 Rock forward on left, recover onto right
3-4 Rock back on left, recover onto right
5-6 Step forward on left, scuff forward on right
7-8 Cross right over left, unwind ¾ turn left (weight on left)

R HIP BUMPS, L HIP BUMPS, ROLLING R VINE

1&2 Step right to right bump hips right, left, right
3&4 Bump hips left, right, left
5-6 ¼ turn right step forward on right, ½ turn right step back on left
7-8 ¼ turn right step right to right, touch left beside right

L HIP BUMPS, R HIP BUMPS, ROLLING L VINE

1&2 Step left to left bump hips left, right, left
3&4 Bump hips right, left, right
5-6 ¼ turn left step forward on left, ½ turn left step back on right
7-8 ¼ turn left step left to left, touch right beside left

SHIMMY FORWARD, SHIMMY BACK, BACK ROCK, PIVOT ½ L

1-2 Rock forward on right, shimmy shoulders while leaning forward over 2 counts
3-4 Recover back onto left, shimmy shoulders over 2 counts
5-6 Rock back on right, recover onto left
7-8 Step forward on right, pivot ½ turn left

SHIMMY FORWARD, SHIMMY BACK, BACK ROCK, PIVOT ½ L

- 1-2 Rock forward on right, shimmy shoulders while leaning forward over 2 counts
- 3-4 Recover back onto left, shimmy shoulders over 2 counts
- 5-6 Rock back on right, recover onto left
- 7-8 Step forward on right, pivot ½ turn left

REPEAT

RESTARTS

On wall 2, dance to count 16, then restart dance (facing 12 o'clock).
