

Let's Do The Shake

拍數: 0 牆數: 4 級數: Phrased Easy Intermediate
編舞者: GS Ang (MY) - March 2010
音樂: Yao Ya Yao - Alice Ong : (Hokkien Song)
或: Yao Ya Yao (feat. Dai Xue Er) - DJ Sunny : (Mandarin Song)



Sequence of dance: ABC / AAAA / ABCC / AA ending
Start after 64 counts of intro.

(A)

CHA CHA BASICS

1-2 Rock right forward, recover onto left
3&4 Cha cha backward on RLR
5-6 Rock left back, recover onto right
7&8 Cha cha forward on LRL

RIGHT, TOUCH, LEFT, TOUCH, SAILOR-CROSS, CHASSE LEFT

1-2 Step right to right side, touch left to left diagonal
3-4 Step left to left side, touch right to right diagonal
5&6 Cross right behind left, step left to left side, cross right over left
7&8 Cha cha to left side on LRL

RIGHT & LEFT LINDY

1-2 Cross right behind left, recover onto left
3&4 Cha cha to right side on RLR
5-6 Cross left behind right, recover onto right
7&8 Cha cha to left side on LRL

FORWARD ROCK, COASTER ¼ TURN RIGHT, FORWARD ROCK, COASTER STEP

1-2 Rock right forward, recover onto left
3&4 Turning ¼ right step right back, step left together, step right forward
5-6 Rock left forward, recover onto right
7&8 Step left back, step right together, step left forward

(B)

PADDLE ¼ TURN RIGHT WITH ROLLING HIPS X 4

1-2 Step right forward, ¼ turn left rolling hips
3-4 Step right forward, ¼ turn left rolling hips
5-6 Step right forward, ¼ turn left rolling hips
7-8 Step right forward, ¼ turn left rolling hips

RIGHT VINE WITH TOUCH, LEFT ROLLING VINE, STEP TOGETHER

1-2 Step right to right side, cross left behind right
3-4 Step right to right side, touch left together
5-6 Turning ¼ left step left forward, turning ¼ left step right to right side
7-8 Turning ½ left step left to left side, step right together

PADDLE ¼ TURN RIGHT WITH ROLLING HIPS X 4

1-2 Step left forward, ¼ turn right rolling hips
3-4 Step left forward, ¼ turn right rolling hips
5-6 Step left forward, ¼ turn right rolling hips
7-8 Step left forward, ¼ turn right rolling hips

LEFT VINE WITH TOUCH, RIGHT ROLLING VINE, STEP TOGETHER

- 1-2 Step left to left side, cross right behind left
- 3-4 Step left to left side, touch right together
- 5-6 Turning $\frac{1}{4}$ right step right forward, turning $\frac{1}{4}$ right step left to left side
- 7-8 Turning $\frac{1}{2}$ right step right to right side, step left together

(C)

HIP BUMPS RRLL RLRL

- 1-2 Bump hips right twice
- 3-4 Bump hips left twice
- 5-8 Bump hips RLRL

RIGHT & LEFT DIAGONAL FORWARD LOCK STEPS WITH SCUFFS

- 1-2 Step right forward to right diagonal, lock left behind right
- 3-4 Step right forward diagonally, scuff left forward
- 5-6 Step left forward to left diagonal, lock right behind left
- 7-8 Step left forward diagonally, scuff right forward

HIP BUMPS RRLL RLRL

- 1-2 Bump hips right twice
- 3-4 Bump hips left twice
- 5-8 Bump hips RLRL

RIGHT & LEFT BACK DIAGONAL STEP-TOUCH X 4

- 1-2 Step right back diagonally, touch left together
- 3-4 Step left back diagonally, touch right together
- 5-6 Step right back diagonally, touch left together
- 7-8 Step left back diagonally, touch right together

Ending: after finishing the last A, you will be facing 12.00

- 1-4 Step right out, step left out, step right in, step left in and pose.

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