

Shake It Off

拍數: 0 牆數: 4 級數: Phrased Easy Intermediate
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音樂: Shake It Off - Agnes Monica



A: (01-08) SIDE , TOGETHER , FORWARD , STOMP , SIDE TOE TOUCHES, FORWARD, HITCH , BACKWARD

1&2 Step R to side , Together L beside R , Step R forward
3 Stomp L
4&5 Touch R toe to side , Step R together , Touch L toe to side
6 Step L forward
7-8 Hitch R knee - Step R backward

(09-16) BACK TOGETHER , FORWARD , SIDE , SAILOR STEP, SAILOR 1/4 TURN LEFT , STEP , LOCK

1&2 Step L back together , Step R forward , Step L to side
3&4 Step R behind L , Step L to side , Step R to side
5&6 Step L behind R in turning 1/4 Left , Step R to side , Step L forward
7-8 Step R forward - Lock L behind R

RESTART : On Wall 4 – Section A , dance up to 16 counts then do Restart on this Wall

(17-24) STEP LOCK STEP, FORWARD , PIVOT 1/2 LEFT, FORWARD, FORWARD LOCK SHUFFLE

1&2 Step R forward, Lock L behind R , Step R forward
3 Step forward on L
4-5 Step R forward - Turn 1/2 Left , recover on L (weight on L)
6 Step R forward
7&8 Forward Lock Shuffle on : L , R , L

(25-32) PRISSY WALK , KNEE BENT , SIDE TOE TOUCHES , STOMP X3

1-2 Crossing Walk forward on : R - L
3&4 Bent both of knees and up , Touch R toe to side
&5 Close R together , Touch L toe to side
6 Stomp L next to R
7-8 Stomp R in place (X2)

After Wall 6 , Do these variations in Section B on 32 Counts

B: VARIATIONS:

(01-08) SIDE DRAG , COASTER STEP , FORWARD , TURN 3/8 LEFT, TOUCHES

1-2 Big Step R to right side - Sliding L towards R on 2 counts
3&4 Step L back , Step R beside L , Step L forward
5-6 Step R forward - Turn 3/8 Left weight on L in diagonally position
7-8 Touch R forward - Touch R diagonally backward

(09-16) TURN 1/8 RIGHT , CROSS SHUFFLE X2 , FAST ROCKING CHAIR, FORWARD, TAP

1&2 Make an 1/8 Turn Right , Cross R over L , Step L next to R , Cross R over L
3&4 Cross L over R , Step R next to L , Cross L over R
5&6& Rock R forward , recover on L , Rock R backward , recover on L
7-8 Step R forward - Tap L forward

(17-24) BACK LOCK SHUFFLE, TURN 1/4 RIGHT – SAILOR STEP, PIVOT 1/2 RIGHT, FORWARD LOCK SHUFFLE

1&2 Back Lock Shuffle on : L , R , L
3&4 Turn 1/4 Right Step R behind L , Step L to side , Step R to slightly forward
5-6 Step L forward - Turn 1/2 Right , weight on R

7&8 Forward Lock Shuffle on : L , R , L

(25-32) SIDE DRAG , COASTER STEP , PIVOT 1/2 LEFT, KICK BALL CHANGE

1-2 Big Step R to right side - Sliding L towards R on 2 counts

3&4 Step L back , Step R back beside L , Step L forward

5-6 Step R forward - Turn 1/2 Left , weight on L

7&8 Kick R forward , Step R beside and ball of L , Step L in place

START AGAIN .. from the beginning in Section A
