

Milk Shake

拍數: 32 牆數: 4 級數: Beginner
編舞者: Susanne Oates (UK) - February 2011
音樂: Moo la Moo - Steve Azar : (CD: Slide On Over Here)



Intro: 32 counts

Alt. Music: Cooler Than Me by Mike Posner [CD: Cooler Than Me - Single]

[1-8] Right Slow Chasse, Touch, Sway With Shimmy Left, Sway With Shimmy Right

1-2 Step right to side, step left together
3-4 Step right to side, touch left together
5-6 Step left to side, shimmy shoulders toward left over the two counts, swaying body to left
7-8 Shimmy shoulders to right side over two counts, swaying right and recovering weight on right

[9-16] Left Slow Chasse, Touch, Sway With Shimmy Right, Sway With Shimmy Left

1-2 Step left to side, step right together
3-4 Step left to side, touch right together
5-6 Step right to side, shimmy shoulders toward right over two counts, swaying body right
7-8 Shimmy shoulders to left side over two counts, swaying left and recovering weight on left

[17-24] Walk Forward X3, Kick, Clap, Walk Back X3, Touch

1-2 Step right forward, step left forward
3-4 Step right forward, kick left forward and clap hands
5-6 Step left back, step right back
7-8 Step left back, touch right together

[25-32] Right Hip Bumps Twice, Left Hip Bumps Twice, Step, Touch With Clap, Turn ¼ Left, Touch With Clap

1-2 Step right slightly forward, bumping right hip forward twice
3-4 Step left slightly forward, bumping left hip forward twice
5-6 Step right back, touch left toe beside right and clap hands
7-8 Turn ¼ left and step left to side, touch right together and clap hands

Repeat

The shimmies can be replaced by swaying as written and rolling the lead shoulder from front to back.
Or try the sway as written and brush the lead shoulder twice with the opposite hand. Maybe two walls of each