

Shake It For Me

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Larry Bass (USA) - March 2011
音樂: Country Girl (Shake It for Me) - Luke Bryan



KICK-BALL-CHANGE, HIP & HIP; MODIFIED SAILOR STEP & CROSSOVER TRIPLE STEP

1&2 Kick Right forward, Step Right beside Left, Step Left beside Right
3&4 Step Right slightly forward to right diagonal & bump hips Right, Left, Right
5&6 Step Left behind Right, Step Right to right side, Touch Left heel diagonally forward to left side
& Step Left slightly back
7&8 Step Right across Left, Step Left slightly to left side, Step Right across Left

HIP SHAKE, & HIP SHAKE; & SIDE ROCK STEP, BEHIND, SIDE, ACROSS

1&2 Step Left to left side while shaking hips Left, Right, Left
& Step Right beside Left
3&4 Step Left to left side while shaking hips Left, Right, Left
& Step Right beside Left
5-6 Step Left to left side; Rock right onto Right
7&8 Step Left behind Right, Step Right to right side, Step Left across Right

¼ TURN, ¼ TURN, ¼ TURN, SIDE TRIPLE STEP; CROSS; TURN; FORWARD

1 Turn ¼ turn left & step Right back
2 Turn ¼ turn left & step Left forward
3 Turn ¼ turn left & step Right to right side
4&5 Triple step Left, Right, Left to left side
6-7-8 Step Right across Left; Step Left back & turn ¼ turn Right; Step Right forward

FORWARD TRIPLE STEP, STEP ¼ TURN; SAILOR STEP, TOUCH BACK, ½ TURN

1&2 Triple step forward Left, Right, Left
3-4 Step Right forward; Turn ¼ turn left onto Left
5&6 Step Right behind Left, Step Left to left side, Step Right to right side
7-8 Touch Left toe back; Turn ½ turn left onto Left

START OVER

Contact: 6405 Starling Ave. Jacksonville, Fl. 32216
Inquiries: (Larry Bass PH: 904-737-2144); E-mail: lbass6622@comcast.net