

Shake It

拍數: 48 牆數: 4 級數: Beginner / Improver
編舞者: Mick Harris (UK) - May 2011
音樂: Country Girl (Shake It for Me) - Luke Bryan



Intro: 32 counts (on vocal)

Kick, Cross, Shuffle Back. Step, Hook, Shuffle Forward.

1-2,3&4 kick forward on right,cross right over left shuffle back LRL.
5-6,7&8 step back on right, hook left across right, shuffle forward LRL.

Side, behind, scissor step, side, behind,1/4 turn shuffle.LRL.

1-2,3&4 step right, step left behind right, step right, slide left next to right, cross right over left.
5-6,7&8 step left to left side, step right behind left, left shuffle turning ¼ left LRL. (9.00)

Rock, recover, ½ turn shuffle x 2.

1-2,3&4 rock forward on right, recover on left, ½ turn shuffle RLR.
5-6,7&8 rock forward on left, recover on right, ½ turn shuffle LRL.

Step, ¼ turn ,cross shuffle, rock, recover, sailor step ¼ turn.

1-2,3&4 step forward on right, pivot turn ¼ left, cross right over left, step left to left side, cross right over left.
5-6,7&8 rock left out to left side, recover on right, step left behind right turning ¼ left step right slightly to right, step left in place. (sailor turn)

Kick ball cross, side shuffle x 2

1&2,3&4 kick right forward, step right in place, cross left over right, step right on right, step left next to right, step right on right.
5&6,7&8 kick left forward, step left in place, cross right over left, step left on left, step right next to left, step left on left.

Hip bump, hip bump, shuffle x 2.

1-2,3&4 bump right hip stepping back slightly on right, bump left hip to left, shuffle back RLR.
5-6,7&8 bump left hip to left, bump right hip to right shuffle forward LRL.

Start again. - No tags or restarts.
