

Shake It For 2 (P)

拍數: 64 牆數: 0 級數: Improver Partner
編舞者: Mick Harris (UK) - June 2011
音樂: Country Girl (Shake It for Me) - Luke Bryan



Begin in open hand position holding mans right and ladies left hand.
Opposite footwork throughout. Mans steps shown.

Walk, walk, shuffle x2

1-2,3&4 walk L,R, shuffle LRL.
5-6,7&8 walk R,L, shuffle RLR.

¼ turn, side behind, side shuffle, rock, recover, side shuffle.

1-2,3&4 turn ¼ right stepping with left, (picking up mans L. hand and ladies R. hand), step right behind left, side shuffle L.R.L. (OLOD.)
5-6,7&8 rock right behind left, recover on left, side shuffle R.L.R.

Rock, recover, ¼ turn shuffle, walk, walk , shuffle. (drop mans left hand and ladies right hand)

1-2,3&4 rock left behind right, recover on right turning ¼ left , shuffle L.R.L. (LOD).
5-6,7&8 walk R,L, shuffle forward R.L.R.

½ turn, step back, shuffle back. ½ turn, 1/2 turn, shuffle back.

(release mans right hand , pick up mans left hand & ladies right hand)

1-2,3&4 turn ½ right (RLOD)stepping forward on left, step back on right, shuffle back L.R.L.

(release hands picking up mans left, ladies right on back shuffle)

5-6,7&8 turn ½ right on right (LOD), turn ½ right stepping forward on left, shuffle back R.L.R. (RLOD).

Step back, step back ¼, cross shuffle, ¼ turn, ¼ turn, cross shuffle.

1-2,3&4 step back left , step back on right turning ¼ right, cross shuffle L.R.L (ILOD)
5-6,7&8 turn ¼ left stepping back on right, turn ¼ left stepping left (OLOD) cross shuffle R.L.R.(picking up mans right and ladies left hand).

Rock, recover, ¼ turn left sailor step , bump hips R.L.R, L.R.L.

1-2,3&4 rock left out to left, recover on right, (drop mans left and ladies right hand), step left behind right turning a ¼ left, step right slightly to right, step left in place (sailor turn).
5&6,7&8 bump hips R.L.R, bump hips L.R.L.

Side , behind, scissor step. Side, behind , scissor step.

1-2,3&4 step right to right side, step left behind right,(drop mans right hand picking up left hand)step right to right, slide left beside right, cross right over left.
5-6,7&8 step left on left, step right behind left,(drop mans left hand picking up right hand)step left to left, slide right beside left, cross left over right.

(1-2,3&4 man crosses in front of lady, 5-6,7&8 man crosses back in front of lady)

Rock , recover, coaster step, ½ turn shuffle, ½ turn shuffle

1-2,3&4 rock forward on right, recover on left, step back on right, step left next to right, step forward on right (back coaster step).
5&6,7&8 (drop hands) ½ turn shuffle right, L.R.L. ½ turn shuffle right, R.L.R. (pick up mans right and ladies left hands to start again).