

# Lets Shake It

拍數: 128      牆數: 2      級數: Phrased Advanced  
編舞者: Yonne Emalda - January 2012  
音樂: Shake It - Metro Station



Intro: 32 counts in from heavy beats - Sequence: A, B, C, A, B, C, A ( 40 ), B, C, A ( 24 ), Ending

## Part A ( 64 counts )

### Cross Point X2, Kick Ball Cross, Unwind Full Turn, Side

1-4            Cross L foot over R foot, point R toes to R side, cross R foot over L foot, point L toes to L side  
5&6           Kick L foot to L diagonal, step L foot in place, cross R foot over L foot  
7-8            Make a full turn L, step R foot to R side ( 12.00 )

### Sailor Step X2, Sailor Side, Hold, Together, Side

1&2            Cross L foot behind R foot, step R foot in place, step L foot to L side  
3&4            Cross R foot behind L foot, step L foot in place, step R foot to R side  
5&6            Cross L foot behind R foot, step R foot in place, step L foot to L side  
7&8            Hold, step R foot next to L foot, step L foot to L side ( 12.00 )

### ( Cross Rock, Recover, Side Chasse ) X2

1-2            Cross rock R foot over L foot, recover weight on L foot  
3&4            Step R foot to R side, step L foot beside R foot, step R foot to R side  
5-6            Cross rock L foot over R foot, recover weight on R foot  
7&8            Step L foot to L side, step R foot beside L foot, step L foot to L side ( 12.00 )

### Step, Hold, ½ Turn, Hold, Pivot ½ Turn, Stomp X2

1-4            Step R foot forward, hold, turn ½ L, hold  
5-8            Step R foot forward, turn ½ L, stomp R foot in place, stomp L foot in place ( 12.00 )

### \*\*\* Advanced option \*\*\* 1-4 Step R foot forward, hold, turn ½ L, hold

&5-8           Step L foot beside R foot, Step R foot forward, turn ½ L, stomp R foot in place, stomp L foot in place

### Grapevine, Grapevine ¼ Turn

1-4            Step R foot to R side, cross L foot behind R foot, step R foot to R side, touch L toes beside R foot  
5-8            Step L foot to L side, cross R foot behind L foot, turn ¼ L stepping L foot forward, touch R toes beside L foot ( 9.00 )

### Windmill, Sailor ¼ Turn

1-4            Step R foot to R side, hold, turn ½ R stepping L foot to L side, hold  
5-6            Turn ½ L stepping R foot to R side, hold  
7&8            Turn ¼ L crossing L foot behind R foot, step R foot to R side, step L foot to L side ( 6.00 )

\*\*\* Option\*\*\* You can make your knees slightly open as you do the windmill step.

### Toe Strut Box

1-2            Touch R toes forward, drop R heel in place  
3-4            Turn ¼ L touching L toes forward, drop L heel in place  
5-6            Turn ¼ L touching R toes forward, drop R heel in place  
7-8            Turn ¼ L touching L toes forward, drop L heel in place ( 9.00 )

### Toe And Heel Switches, Forward, Hold X3, Together

- 1&2& Touch R toes to R side, step R foot beside L foot, touch L toes to L side, step L foot beside R foot
- 3&4& Touch R heel to R side, step R foot beside L foot, touch L heel to L side, step L foot beside R foot
- 5-8 Long step R foot forward, hold, hold, hold, step L foot beside R foot ( 9.00 )

**Part B ( 24 counts )**

**Kick X2, Toe Switches, Kick X2, Sailor ¼ R**

- 1-2 Kick R foot across L foot, kick R foot to R diagonal
- &3&4 Step R foot in place, touch L toes to L side, step L foot beside R foot, touch R toes to R side
- 5-6 Kick R foot across L foot, kick R foot to R diagonal
- 7&8 Turn ¼ R crossing R foot behind L foot, step L foot to L side, step R foot to R side ( 12.00 )

**Pivot ½ Turn, Forward Rock, Recover, Walk Back**

- 1-4 Step L foot forward, turn ½ R, rock L foot forward, recover weight on R foot
- 5-8 Walk back on L foot, R foot, L foot, R foot ( 6.00 )

**\*\*\* Option \*\*\* During the walk back step, you can do as funky as you want.**

**Shuffle Back, Back Rock, Recover, Shuffle Forward, Out X2**

- 1&2 Step L foot back, cross R foot over L foot, step L foot back
- 3-4 Rock R foot back, recover weight on L foot
- 5&6 Step R foot forward, step L foot next to R foot, step R foot forward
- 7-8 Step L foot out to L side, step R foot out to R side ( 6.00 )

**Part C ( 40 counts )**

**Butt Wiggle**

- 1-8 Wiggle your butt as funky as you can ( follow the beat ) ( 6.00 )

**¼ Turn, Shoulder Isolation**

- 1-8 Turn to ¼ L by stepping R foot to R side and isolate your shoulder ( follow the beat ) ( 3.00 )

**¼ Turn, Hips Shake**

- 1-8 Turn to ¼ L by stepping R foot to R side and shake your hips according to the beat ( 12.00 )

**¼ Turn, Shoulder Shimmy**

- 1-8 Turn to ¼ L by stepping R foot to R side and shimmy your shoulder according to the beat ( 9.00 )

**¼ Turn, Heels Bounce**

- 1-8 Turn to ¼ L by stepping R foot to R side and bouncing your heels according to the beat ( 6.00 )

**Ending: Step, Hold, Pivot ½ Turn, Hold, Walk Forward X2, Stomp, Pose**

- 1-4 Step R foot forward, hold, turn ½ L, hold
  - 5-8 Walk forward on R foot and L foot, stomp R foot to R side, strike a pose
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