

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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