

Shake It!

拍數: 64 牆數: 2 級數: Intermediate - Lilt (Jive)
編舞者: Nicola Lafferty (UK) & Lee Easton (UK) - February 2012
音樂: Shake It - Metro Station



Count-in: 48 Counts from start of track (begin on main vocals)

[1-8] Step Kick, Step Double Kick, & Cross Unwind, Side Step

- 1 Step Left foot to Left diagonal (facing 10.30)
- 2 Kick Right foot to Right diagonal
- 3 Step down on Right foot
- 4,5 Kick Left foot forward twice (still angling to L diagonal)
- &6 Step down on Left foot, cross Right foot over Left foot
- 7 Unwind just over $\frac{3}{4}$ turn over Left shoulder to face 12 o'clock putting weight on Left foot
- 8 Step Right foot to Right side

[9-16] Sailor Steps, Hold, Ballchange

- 1&2 Left sailor step
- 3&4 Right sailor step
- 5&6 Left sailor step
- 7 Hold
- &8 Step Right foot beside Left foot, step Left foot to Left diagonal (facing 10.30)

[17-24] Side Touch Hop Steps, Double Kick, Side Kicks

- 1&2 Facing Left diagonal (10.30), touch R toe to R side, hop on Left foot as you hitch Right leg, step Right foot across Left foot
- 3&4 Facing Left diagonal (10.30), touch L toe to L side, hop on Right foot as you hitch Left leg, step Left foot across Right foot
- 5,6 Kick Right foot to Right side twice
- &7 Step Right foot beside Left foot, Kick Left foot to Left side
- &8 Step Left foot beside Right foot, Kick Right foot to Right side

[25-32] Step 1/8 Turn, Hold, Step $\frac{3}{4}$ Turn, Hold, Syncopated Turn, Side triple into Drag

- 1,2 Making 1/8 turn Left to face 9 o'clock Step Right foot forward, hold
- 3,4 Unwind $\frac{3}{4}$ turn to Left (to face 12.00) putting weight on Left foot, hold
- &5 Step Right foot to Right side, cross Left foot behind right foot
- 6 Unwind a full turn over left shoulder, putting weight to Left foot
- 7& Step Right foot to Right side, Step Left foot beside Right foot
- 8 Step Right foot a large step to Right side, drag Left foot towards Right foot

[33-40] Hold, Rock to Diagonal, Triple Back, 2 Walks Back

- 1,2 Hold
- 3,4 Turning 1/8 Turn to Right diagonal (facing 1.30) Rock fwd onto Left foot, recover weight to Right foot
- 5&6 Facing Right diagonal (1.30) – Triple step back (L, R, L)
- 7,8 Walk back Right foot, Walk back Left foot

[41-48] Plie Walks travelling back, Ball-change

- 1,2 Facing 1.30, step Right foot back bending both knees and angling body to right, recover
- 3,4 Facing 1.30, Step Left foot back bending both knees and angling body to left, recover
- 5,6 Repeat counts 1-2
- 7 Step Left to side making another of turn to Left (facing 12.00)

&8 Step ball of Right foot behind Left foot, Step Left foot in place

[49-56] Kick Ball-changes travelling ½ a Turn

1-8 Making a half turn over left shoulder back to facing the 12 o'clock wall, execute 4 kick Ball-changes on the Right foot

[57-64] Syncopated Touches, Layout fwd, Hold, Ballchange

1& Touch Right toe to Right side, Step Right foot beside Left foot

2& Touch Left toe to Left side, Step Left foot beside Right foot

3& Touch Right toe forward, Step Right foot beside Left foot

4& Touch Left toe forward, Step Left foot beside Right foot

5 Step Right foot a large step forward as you take body back

6,7 Hold as you bring your body upright

&8 Step ball of Left foot beside Right foot, Step Right foot in place (angling to Left diagonal ready to begin the dance again)
