

Shake It Up, Shake It Low

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Sebastiaan Holtland (NL) - September 2012
音樂: Maraca - Mohombi



32 count intro (15 sec).

Sec 1: [1-8] ¼ L, Out, Out, Hips L-R, Rolling Vine L, Touch.

1-2 Turn ¼ left (9) step Rf out to right, step Lf out to left.
3-4 Bump L hip to left, bump R hip to right.
5-6 Turn ¼ left (6) step Lf forward, turn ½ left (12) step Rf back.
7-8 Turn ¼ left (9) step Lf to the left, touch Rf next to Lf.

Sec 2: [9-16] Side Jump, Hold, Back & Heel, Hold, ¼ L, Back & Heel, Hold, Replace, & Cross, Hold.

&1-2 Small jump to the right, touch Lf together, Hold.
&3-4 Step Lf back, bring R heel forward, Hold.
&5-6 Turn ¼ left (6) step Rf back, bring L heel forward, Hold.
&7-8 Step Lf back in place, cross Rf over Lf, Hold.

Sec 3: [17-24] Back, Touch Fwd, ½ L, Replace, Touch Fwd, Back, Heel, ¼ L, Replace, Cross.

1-2 Step Lf back, touch Rf forward.
3-4 Turn ½ left (12) step Rf back in place, touch Lf forward.
5-6 Step Lf back, bring R heel forward.
7-8 Turn ¼ left (9) step Rf back in place, cross Lf over Rf.

Sec 4: [25-32] Syncopated Side Rocks R-L, Back Rock, Recover, ¼ R, Back, ¼ R, Side.

1-2 Rock Rf to the right, recover on Lf.
&3-4 Step Rf next to Lf, rock Lf to the left, recover on Rf.
5-6 Rock Lf back, recover on Rf.
7-8 Turn ¼ right (12) step Lf back, turn ¼ right (3) step Rf to the right.

Sec 5: [33-40] Step, Hold, & Step, Hold, Step, Knee Pop, Back, Together.

1-2 Step Lf forward, Hold. (3:00)
&3-4 Step Rf next to Lf, step Lf forward, Hold.
&5-6 Step Rf next to Lf, step Lf slightly forward lift heels off the floor as you pop both knees forward, drop both heels to the floor weight onto Rf.
7-8 Step Lf Back, step Rf next to Lf holding weight onto Lf.

Sec 6: [41-48] Side, Hold, Together, Side, Hold, Together, Side Rock, Recover, Behind, Point L.

1-2 Step Rf to the right, Hold.
&3-4 Step Lf next to Rf, step Rf to the right, Hold.
&5-6 Step Lf next to Rf, rock Rf to the right, recover on Lf.
7-8 Step Rf behind Lf, point Lf out to left. (3:00)

Sec 7: [49-56] Cross, ¼ L, Back, Back, Hook, ½ L, Hook, ½ R, Hook.

1-2 Cross Lf over Rf, turn ¼ left (12) step Rf back.
3-4 Step Lf back, Rf hook up across Lf.
5-6 Turn ½ left (6) step Rf slightly back, Lf hook up across Rf.
7-8 Turn ½ right (12) step Lf slightly back, Rf hook up across Lf.

Sec 8: [57-64] Press Fwd R, Lift L, Replace, R Knee Lift, Step, Touch, ¼ L, Press Fwd R, Lift R, Replace, Knee Lift, Step, Touch.

1-2 Press Rf forward and lift Lf up, step Lf back in place and lift R knee up.

- 3-4 Step Rf forward, touch Lf next to Rf weight onto Lf.
5-6 Turn $\frac{1}{4}$ left (9) press Lf forward and lift Rf up, step Rf back in place and lift L knee up.
7-8 Step Lf forward, touch Rf next to Lf weight onto Lf. (9:00)

Start again and have fun!

Contact: smoothdancer79@hotmail.com
