

Great Shakes

拍數: 32 牆數: 4 級數: Improver
編舞者: Gaye Teather (UK) - November 2012
音樂: Girls Love to Shake It - Love and Theft : (CD: Love And Theft)



32 count intro - Dance rotates in CCW direction

Side Right. Hold (with shimmy). Kick x 2. Side Left. Hold (with shimmy). Kick x 2

- 1 – 2 Long step on Right to Right side. Hold (shimmy shoulders during these 2 counts)
- 3 – 4 Kick Left across Right twice (low kick)
- 5 – 6 Long step on Left to Left side. Hold (Shimmy shoulders during these 2 counts)
- 7 – 8 Kick Right across Left twice (low kick)

Back rock. Full turn Left (travelling forward). Step. Pivot quarter turn Left. Cross shuffle

- 1 – 2 Rock back on Right. Recover onto Left
- 3 – 4 Half turn Left stepping back on Right. Half turn Left stepping forward on Left

Easier option for steps 3-4: Walk forward Right. Left

- 5 – 6 Step forward on Right. Pivot quarter turn Left (Facing 9 o'clock)
- 7&8 Cross Right over Left. Step Left to Left side. Cross Right over Left

Left kick-ball-cross x 2. Left side rock. Coaster step

- 1&2 Kick Left forward. Step left beside Right. Cross Right over Left
- 3&4 Kick Left forward. Step Left beside Right. Cross Right over Left
- 5 – 6 Rock Left to Left side. Recover onto Right
- 7&8 Step back on Left. Step Right beside Left. Step forward on Left

Step. Point. Hip bumps x 4. Back. Touch

- 1 – 2 Step forward on Right. Point Left toe forward to Left diagonal
- &3&4 Keeping weight on Right bump hips forward, back, forward, back
- &5&6 Keeping weight on Right bump hips forward, back, forward, back

Styling option: Dip and rise as you do the hip shakes on the above 4 counts

- 7 – 8 Step back on Left. Touch Right beside Left

Start again

Ending: Dance ends facing front. Just slow down the hip shakes on the final 4 counts – make it sexy!!