

Shake It

COPPER **NOB**
BY STEPHEN

拍數: 32 牆數: 2 級數: Improver
編舞者: Tami Smith (USA) - January 2013
音樂: Shake It - Ian Matthews



32 count intro - Start on lyrics

2 HIP BUMPS RIGHT, 2 HIP BUMPS LEFT, VINE RIGHT HITCH LEFT WITH ½ TURN

1-4 Step right hip bump right twice, shift weight left and left hip bump left twice
5-8 Step right to side, left behind right, right to side, hitch left making a ½ turn right (6:00)

SHUFFLE LEFT, ROCK RECOVER, VINE RIGHT WITH ¼ TURN HITCH LEFT

1-4 Shuffle (L R L), rock right behind left, recover to left
5-8 Step right to side, left behind right, step right making ¼ turn right, hitch left (9:00)

LEFT TOE STRUT, RIGHT TOE STRUT, ½ TURN (R), ¼ TURN (R), HOLD

1-4 Left toe, left heel, right toe, right heel
5-8 Step left, ½ turn right, ¼ keep turning right stepping left taking weight, hold (6:00)

STEP RIGHT BEHIND L, LEFT TO SIDE, CROSSING SHUFFLE, ROCK LEFT TO SIDE, RECOVER, CROSSING SHUFFLE

1-4 Step right behind left, step left to side, cross right over left, step left next to right, cross right over left
5-8 Rock left to side, recover right, cross left over right, step right next to left, cross left over right (6:00)

Start over and enjoy

No tags or restarts

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