

Shake Us Up (P)

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 0 級數: Improver - Partner / Circle
編舞者: Don Carleton (USA) & Dottie Censabella (USA) - March 2013
音樂: Shake It (feat. Big & Rich) - The Lacs



Intro 32 counts

Position: Open promenade, Ladies left hand in man's right
Opposite footwork, Man's step listed

4 TOE STRUTS MAKING ¼ TURN MODIFIED JAZZ BOX

1,2 Touch right toe across left, drop right heel
3,4 Touch left toe back, drop left heel
5,6 Turn ¼ turn right to face partner touching right toe to right side, drop right heel
7,8 Touch left across right, drop left heel

SIDE, TOUCH, SIDE, BEHIND, SIDE, CROSS, STEP ¼ TURN, TOUCH

1,2 Step right to right side, touch left next to right
3,4 Step left to left side, step right behind left
5,6 Step left to left side, cross right over left
7,8 Turn ¼ turn left stepping forward on left, touch right next to left (LOD, open promenade)

BUMP HIPS RIGHT TWICE, LEFT TWICE, ROLL HIPS TWICE

1,2 Bump hips to right twice (weight to right)
3,4 Bump hips to left twice (weight to left)
5,6 Roll hips counter clockwise 1 full rotation (weight to left)
7,8 Roll hips counter clockwise 1 full rotation (weight to left)

RIGHT HEEL, LEFT HEEL, KICK RIGHT TWICE, BACK ROCK

1,2 Touch right heel forward, step right next to left
3,4 Touch left heel forward, step left next to right
5,6 Kick right forward, kick right forward
7,8 Rock back on right, recover to left

Smile and Begin Again

Contact: luv42step@aol.com