

Shake the Room!

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Craig Bennett (UK) & Karl-Harry Winson (UK) - April 2013
音樂: Shake the Room - Gamu : (X-Factor 2012 Contestant)



Song available to download from 14th April 2013 from iTunes and Amazon

Step Forward/Out-Hold. Side-Hold. Right Coaster Step. Hitch 1/4 turn.

- 1 – 2 Step forward and out on the Right. Hold
- 3 – 4 Step Left to Left side. Hold.
- 5 – 7 Step back on Right. Step Left beside Right. Step forward on Right.
- 8 Hitch Left knee up beside Right whilst making 1/4 turn Right.

Cross-Hold. Back-Hold. Step Touch. Hip Sways: Right & Left.

- 1 – 2 Cross step Left foot across Right. Hold.
- 3 – 4 Step back on Right. Hold
- 5 – 6 Step Left to Left side. Touch Right toe beside Left.
- 7 – 8 Step Right foot out to Right side swaying hips Right. Sway hips Left.

Right Grapevine. Scuff/Touch. Grapevine 1/4 turn Left. Touch.

- 1 – 4 Step Right to Right side. Cross Left behind Right. Step Right to Right side. Scuff/Touch Left beside Right.
- 5 – 8 Step Left to Left side. Cross Right behind Left. Make 1/4 turn Left stepping Left forward. Touch Right Foot.

Right Diagonal Step. Heel & Toe Swivels. Left Diagonal Step. Heel & Toe Swivels.

- 1 – 4 Step Right foot towards Right diagonal/corner. Swivel Left foot towards Right stepping: Heel, Toe, Heel.
- 5 – 8 Step Left foot towards Left diagonal/corner. Swivel Right foot towards Left stepping: Heel, Toe, Heel.

Step Touches Back X2. Back-Drag. Back Rock.

- 1 – 2 Step back on Right. Touch Left toe forward and slightly across the Right.
- 3 – 4 Step back on Left. Touch Right toe forward and slightly across Left.
- 5 – 6 Step large step back on Right. Drag Left foot up towards Right.
- 7 – 8 Rock back on Left. Recover weight forward on Right.

Left Sugar Step. Right Sugar Step.

- 1 Make 1/4 turn Right touching Left toe beside Right whilst bending Left knee in towards Right.
- 2 - 3 Kick Left foot towards Left diagonal/corner. Cross step Left over Right.
- 4 Touch Right toe beside Left bending Right knee in towards Left as you do this.
- 5 – 6 Kick Right foot towards Right diagonal/corner. Cross step Right over Left.
- 7 – 8 Step back on Left. Touch Right toe beside Left.

***Swivel naturally on the balls of the feet during the Sugar Steps.**

Additional 16 Counts (Tag) which happen at the end of walls 1 (3.00) & 3 (9.00).

When dancing, the following 2 sections don't feel like a Tag but an extended 2 sections of the dance.

Right Chasse. Back Rock. Weave Left.

- 1&2 Step Right to Right side. Close Left beside Right. Step Right to Right side.
- 3 – 4 Rock back on Left. Recover weight forward on Right.
- 5 – 8 Step Left to Left side. Cross Right behind Left. Step Left to Left side. Cross step Right over Left.

Left Chasse. Back Rock. Right Rolling Vine.

1&2 Step Left to Left side. Close Right beside Left. Step Left to Left side.

3 – 4 Rock back on Right. Recover weight forward on Left.

5 – 6 Make 1/4 turn Right stepping Right forward. Make 1/2 turn Right stepping stepping Left back.

7 – 8 Make 1/4 turn Right stepping Right to Right side. Cross step Left over Right.

Note: Can replace counts 5 – 8 (Rolling Vine) with a 4 Count Weave if you don't want to turn.

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