

Shook Up

拍數: 64 牆數: 4 級數: Easy Intermediate
編舞者: Lars Kuif (NL) - April 2013
音樂: Shook Up - Clairy Browne & The Bangin' Rackettes



Starts after 16 counts

[1-8] Point, Touch, Point, Hold, Behind, Side Cross, Hold

1 – 4 Point R to side, touch R next to L, point R to side, hold
5 – 8 Step R behind L, step L to side, step R across L, hold

[9-16] L Side, Behind, ¼ Turn L, L Fwd., R Brush, ½ Pivot L, Hold

1 – 4 Step L to side, step R behind L, ¼ turn L stepping L fwd., brush R fwd.
5 – 8 Step R fwd., ½ turn L stepping L fwd. step R fwd. hold

[17-24] L Step Lock Step, R Brush, R Rocking Chair

1 – 4 Step L fwd., lock R behind L, step L fwd., brush R fwd.
5 – 6 Rock R fwd., recover to L
7 – 8 Rock R back, recover to L

[25-32] Heel Struts (4x) Making ¾ Turn L

1 – 2 1/8 turn L, R heel fwd., drop R toe
3 – 4 1/8 turn L, L heel fwd., drop L toe
5 – 6 ¼ turn L, R heel fwd., drop R toe
7 – 8 ¼ turn L, L heel fwd., drop L toe

[33-40] Charleston Steps

1 – 2 Sweep R forward, point R fwd.
3 – 4 Sweep R back, step R back
5 – 6 Sweep L back, point L back
7 – 8 Sweep L fwd., step L fwd.

[41-48] R Jazz Box (With Struts) Making ¼ Turn R

1 – 2 Step R toe across L, drop heel
3 – 4 ¼ turn R stepping back on L toe, drop heel
5 – 6 Step to R side with R toe, drop heel
7 – 8 Step L toe across R, drop heel

[49-56] Monterey ¼ Turn R (2x)

1 – 2 Touch R to side, ¼ turn R, step R together
3 – 4 Touch L to side, step L together
5 – 6 Touch R to side, ¼ turn R, step R together
7 – 8 Touch L to side, step L together

[57-64] Side Touch, Side Touch, Vine R, L Cross

1 – 2 Step R to side, touch L next to R
3 – 4 Step L to side, touch R next to L
5 – 8 Step R to side, step L behind R, step R to side, step L across R

Start again and enjoy!

Tag + Restart:

Dance wall 6 up to count 19 (Step Lock Step) and add (instead of brush):

4 Touch R next to L
Start again

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