Shake It!

拍數: 32 **牆數:** 4 **級數:** High Beginner

編舞者: Lori Manary (USA) - June 2011

音樂: Country Girl (Shake It for Me) - Luke Bryan : (iTunes)

FWD SHUFFLE (R,L,R) 2 L HIP BUMPS, FWD SHUFFLE (L,R,L) , 2 R HIP BUMPS

1&2	Forward step R (1), Step L next to R (&), Forward step R (2), R takes weight
3, 4	Touch L toe slightly out to L , bump L hip slightly out to L twice (3, 4)
5&6	Forward step L (5), Step R next to L (&), Forward step L (6), L takes weight
7, 8	Touch R toe slightly out to R , bump R hip slightly out to R twice (7, 8) (12:00)

HEEL TAP R,L R TOE TOUCH, 2 L HIP BUMPS, HEEL TAP L,R, L TOE TOUCH, 2 HIP BUMPS R

9&10&	Tap R heel forward (9) Shift weight to R(&) Tap L heel forward (10) Shift weight to L(&)
11, 12	Touching R toe forward, bump L hip twice to left (11, 12)
&13& 14&	Shift weight to R(&) Tap L heel forward (13) Shift weight to L(&), Tap R heel forward (14) Shift weight to R(&)
15, 16	Touching L toe forward, bump R hip twice to right (15, 16) (12:00)

SLIDE SHUFFLE BACK (L,R,L) 2 L HIP BUMPS, SLIDE SHUFFLE BACK (R,L,R) 2 R HIP BUMPS

17&18	Step L back (17), drag R back next to L (&), Step L back (18), L takes weight
19, 20	With R toe slightly forward, bump L hip slightly back twice (19, 20)
21 & 22	Step R back (21), Drag L back next to R (&), Step R back (18), R takes weight
23, 24	With L toe slightly forward , bump R hip slightly back twice (23, 24) (12:00)

3 HEEL POPS WHILE TURING ¼ TURN R, 2 L HIP BUMPS, BUMP HIPS R, L, R, L,L

25 & 26	With weight even, slightly pop heels three times while turning ¼ turn R (25 & 26)
27, 28	Bump L hip twice to L(27, 28)
29 & 30	With weight even, bump hips R (29),L(&),R(30)
31, 32	Bump L hip twice to L, L takes weight (3:00)

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