

Shake It 4 Me

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Dylan Hattan (MY) - November 2013
音樂: Country Girl (Shake It for Me) - Luke Bryan



Intro : 32 counts - Note : There is no Tag or Restart.

S1: HIP BUMP, BEHIND SIDE CROSS, HIP BUMP, SAILOR ¼ R

1&2 Point R toes to R side and bump hips to R, L, R (no weight)
3&4 Cross RF behind LF, step LF to L side, cross RF over LF
5&6 Point L toes to L side and bump hips to L, R, L (no weight)
7&8 Cross LF behind RF, turn ¼ R stepping RF forward, step LF forward

S2: FORWARD MAMBO, BACK MAMBO, ROCKING CHAIR, PIVOT ½ L

1&2 Rock RF forward, recover weight on LF, step RF back
3&4 Rock LF back, recover weight on RF, step LF forward
5&6& Rock RF forward, recover weight on LF, rock RF back, recover weight on LF
7&8 Step RF forward, turn ½ L, step RF forward

S3: HIP BUMP, BEHIND SIDE CROSS, HIP BUMP, SAILOR ¼ L

1&2 Point L toes to L side and bump hips to L, R, L (no weight)
3&4 Cross LF behind RF, step RF to R side, cross LF over RF
5&6 Point R toes to R side and bump hips to R, L, R (no weight)
7&8 Cross RF behind LF, turn ¼ L stepping LF forward, step RF forward

S4: PIVOT ½ R X2, BRUSH STEP, BRUSH STEP, COASTER STEP

1-4 Step LF forward, turn ½ R, Step LF forward, turn ½ R
5&6& Brush LF forward, step LF in place, brush RF forward, step RF in place
7&8 Step LF back, step RF beside LF, step LF forward

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