

Shake It Off

Count: 64

Wand: 4

Ebene: High Beginner

Choreograf/in: Teresa Chen (TW) - December 2014

Musik: Shake It Off - Taylor Swift



Intro: 16 count - 1 TAG

(S1) R Hands Up, L Hands Up, Swivel R

- 1-2 Bend knees ,up(with R hands up)
- 3-4 Bend knees ,up (with L hands up)
- 5 6 7 8 Weight on both feet, swivel heels to R, toes to R, heels to R, toes to R(progressing right)

(S2) L Hands Up, R Hands Up, Swivel L

- 1-2 Bend knees ,up (with L hands up)
- 3-4 Bend knees ,up (with R hands up)
- 5 6 7 8 Weight on both feet, swivel heels to L, toes to L, heels to L, toes to L(progressing left)

(S3) Step Rf forward, Clap hands, Clap hips

- 1 Step Rf forward(with R hips to forward)
- 2&3 Clap hands twice, L hips to backward
- 4 Clap R hips
- 5 Step Rf forward(with R hips to forward)
- 6&7 Clap hands twice, L hips to backward
- 8 . Clap R hips

(S4) Rf low kick, Lf low kick, 1/4L Turn, Rf low kick, Lf low kick(with snap fingers)

- 1,2 Rf low kick , Rf step
- 3,4 Lf low kick, Lf step
- 5,6 !/4 L turn, Rf low kick, Rf step
- 7,8 Lf low kick, Rf step

(S5) Swivel R, shimmy

- 1 2 3 4 Weight on both feet, swivel heels to R, toes to R, heels to R, toes to R(progressing right)
- 5 6 Shimmy forward
- 7 8 Shimmy backward

(S6) Swivel L, shimmy

- 1 2 3 4 Weight on both feet, swivel heels to L, toes to LR, heels to L, toes to L(progressing left)
- 5 6 Shimmy forward
- 7 8 Shimmy backward

(S7) Out, out, in, in(Hand movements: shake hands out)

- 1 2 Rf forward out
- 3 4 Lf forward out
- 5 6 Rf backward in
- 7 8 Lf backward in

(S8) 1/2 L turn, Rf step, Lf flick,Lf step , Rf flick, repeat

- 1 2 Rf step, Lf flick (1/8 L turn)
- 3 4 Lf step, Rf flick (1/8 L turn)
- 5 6 Rf step, Lf flick (1/8 L turn)
- 7 8 Lf step, Rf flick (1/8 L turn)

TAG(8 count): After section 4 of wall 7(3:00), continue with section 5 after TAG

- 1-8 Bump hips(R,L,R,L,R,L,R,L)

Happy Dancing!

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