

Shake It Off

Compte: 32

Mur: 2

Niveau: Improver

Chorégraphe: Mitzi Day (USA) - September 2014

Musique: Shake It Off - Taylor Swift



Intro: after 16 counts on Taylor's fifth word "late"

[1-8] jazz box cross ,step together ,step together

- 1-2-3 right over left, step back on left, step R to R side
- 4 L foot over R take weight on L
- 5-6 step R to R side, step L together, put weight on L
- 7-8 step R to right side, step L together put weight on L

[9-16] rock forward, rock side ,weave to left

- 1-2 rock R forward, recover on L
- 3-4 rock R to R side, recover on L
- 5-6-7-8 step R back L step L to side, step R across L, step L to L side taking weight on L

[17-24] toe struts forward, forward then back, back using hands to shake it off with lyrics

- 1-2 R forward toe heel take weight on R
- 3-4 L forward toe heel take weight on L
- 5-6 R step back on toe then heel
- 7-8 L step back on toe then heel

[25-32] step R to R side, look to R side ,put weight on L, Hitch R knee while turning Left look to right wall, to back wall and placing R foot at 9:00, press R and put weight on L

- 1-2 step to right side
- 3-4 look to right wall (psyche!)
- 5 put weight on L foot
- 6-7-8 left 1/2 turn putting weight on L with R knee hitched (6) step on R foot and press facing back wall (7), take weight on L (8)

Tag: after rap there is dead air for 8 counts .put both hands in air and wiggle fingers like Taylor does in her video.

Contact: mitziandd@gmail.com