

Shook Up

拍数: 64 墙数: 2 级数: Improver
编舞者: Daniel Trepát (NL) & Roy Verdonk (NL) - January 2015

音乐: Shook Up - Clairry Browne & The Bangin' Rackettes : (Album: EP Clairry Browne & The Bangin' Rackettes)



#16 count intro - start on vocals

Section 1: Skate Right/Left (With Holds and Hand Move), Side, Together, Side, Hold

1 – 4 Skate right stepping right out. Hold. Skate left stepping left out. Hold.

Styling During skates, raise right hand and shake index finger, pointing up.

5 – 6 Step right to right side. Step left beside right.

7 – 8 Step right to right side. Hold.

Section 2: Skate Left/Right (With Holds and Hand Move), Side, Together, Side, Hold

1 – 4 Skate left stepping left out. Hold. Skate right stepping right out. Hold.

Styling During skates, raise left hand and shake index finger, pointing up.

5 – 6 Step left to left side. Step right beside left.

7 – 8 Step left to left side. Hold.

Section 3: 1/4 Turn, Together, Side, Hold (x 2)

1 – 2 Turn 1/4 left stepping right to right side. Step left beside right. (9:00)

3 – 4 Step right to right side. Hold.

5 – 6 Turn 1/4 left stepping left to left side. Step right beside left. (6:00)

7 – 8 Step left to left side. Hold.

Section 4: 1/4 Turn, Together, Side, Hold (x 2)

1 – 2 Turn 1/4 left stepping right to right side. Step left beside right. (3:00)

3 – 4 Step right to right side. Hold.

5 – 6 Turn 1/4 left stepping left to left side. Step right beside left. (12:00)

7 – 8 Step left to left side. Hold.

Restart 1 Wall 3: Start the dance again from the beginning.

Section 5: Jazz Box With Holds, Side, Together, Side, Hold

1 – 4 Cross right over left. Hold. Step left back. Hold.

5 – 6 Step right to right side. Step left beside right.

7 – 8 Step right to right side. Hold.

Section 6: Forward Rock, Together, Hold, Grapevine Cross

1 – 2 Rock left forward on right diagonal. Recover onto right.

3 – 4 Step left beside right. Hold.

5 – 6 Step right to right side. Cross left behind right.

7 – 8 Step right to right side. Cross left over right.

Section 7: Stomp Right/Left With Holds, Cross, Hinge 1/2 Turn, Hold

1 – 4 Stomp right out. Hold. Stomp left out. Hold.

Restart 2 Wall 6: Start the dance again.

5 – 6 Cross right over left. Turn 1/4 right stepping left back. (3:00)

7 – 8 Turn 1/4 right stepping right to right side. Hold. (6:00)

Section 8: Jazz Box, Cross Rock, Jump Out, Toe Raise

1 – 3 Cross left over right. Step right back. Step left to left side.

4 – 6 Cross rock right over left. Recover onto left. Jump out (both feet).

7 – 8 Raise toes (weight on both heels). Drop toes back to floor.

Restarts: Two Restarts, one during Wall 3 and one during Wall 6
