Shake The Room (aka Dance'n'Smile) (震撼全場) (zh)

拍数: 32 **墙数:** 2 **级数:** Intermediate

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音乐: Boom! Shake the Room - DJ Jazzy Jeff & The Fresh Prince : (CD: Various 80's compilations)

前奏： Count In: 16 Counts 16拍後起跳

第一段 **Side Stomp, Hold, Sailor Step. Together. Side Stomp, Hold, Sailor Step 側重踏, 候, 水手步, 併, 側重踏, 候, 水手步**

1 - 2 Stomp right to right side, HOLD 右足右重踏, 候

3 & 4 Left sailor step – step left behind right, step right to right side, step left in place 左水手步-左足於右足後踏, 右足右踏, 左足踏

& 5 – 6 Step right next to left (&), Stomp left to left side (5). HOLD (6)
右足併踏, 左足左重踏, 候

7 & 8 Right sailor step – step right behind left, step left to left side, step right in place 右水手步-右足於左足後踏, 左足左踏, 右足踏

Styling on the two HOLD steps, you can bounce the knees for a little “hip-hop” attitude 候時, 像Hip-hop舞步雙膝略為彈跳

第二段 **Left Rock Recover, Left** coaster step **, Walk x2, Rock Recover ¼**
左下沉回復, 左水手步, 走二次, 下沉回復轉1/4

1 - 2 Rock forward on the left, Recover weight back on right
左足前下沉, 右足後回復

3 & 4 Left coaster step – Step back on left, step right next to left, step forward left 左海岸步-左足後踏, 右足併踏, 左足前踏

5 – 6 Walk forward right, left 前走步-右, 左

7 & 8 Rock forward on the right, Recover weight back onto the left, Make ¼ right stepping right to right side
右足前下沉, 左足後回復, 右轉90度右足右踏

第三段 **Left Rocks Forward & Side & Coaster Step. Mirror on the Right**
左前下沉 & 側 & 海岸步, 右同動作

1 & 2 & Rock forward left, Recover weight back onto right, Rock left to left side, Recover weight back onto right
左足前下沉, 右足回復, 左足左下沉, 右足回復

3 & 4 Left coaster step – Step back on left, step right next to left, step forward left 左海岸步-左足後踏, 右足併踏, 左足前踏

5 & 6 & Rock forward right, Recover weight back onto left, Rock right to right side, Recover weight back onto left
右足前下沉, 左足回復, 右足右下沉, 左足回復

7 & 8 Right coaster step – Step back on right, step left next to right, step forward right 右海岸步-右足後踏, 左足併踏, 右足前踏

第四段 **¼ Right Hip Push, ¼ Right Hip Push, Step ½ Pivot**
右轉91/4推臀, 右轉1/4推臀, 踏轉1/2

1 & 2	Turn ¼ right touching left toe to left side and push/bump left hip left, right, left 右轉90度左足趾左點推臀-左, 右, 左
3 & 4	Turn ¼ right touching right toe forwards and push/bump right hip forward, back forward 右轉90度右足趾前點推臀-前, 後, 前
5 – 6	Step forward left, ½ pivot right (weight ends right) 左足前踏, 右轉180度(重心在右足)
7 & 8	Step forward left, make ¼ pivot right (weight ends right), Stomp left next to right 左足前踏, 右轉90度(重心在右足), 左足併重踏