

The Shake

拍数: 32 墙数: 4 级数: High Beginner
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音乐: The Shake - Neal McCoy



S1: Shimmy Shakes Left Clap and Shimmy Shakes Right Clap

- 1-2 (1) Step left to left side as you begin shaking shoulders. (2) Continue shaking as you shift your center of gravity to your left side.
3-4 (3) Place right next to left keeping weight on left (4) Clap
5-6 (5) Step right to right side as you begin shaking shoulders. (6) Continue shaking as you shift your center of gravity to your right side.
7-8 (7) Step left next to right placing weight on left (8) Clap

S2: Monterey Turns

- 9-10 (9) Tap right toe out to right side (10) Replace right foot next to left as you pivot ½ turn right
11-12 (11) Point left toe to left side (12) Replace left foot next to right
13-14 (13) Tap right toe out to right side (14) Replace right foot next to left as you pivot ½ turn right
15-16 (15) Point left toe to left side (16) Step left foot next to right (weight left)

Note: You may omit the Monterey Turns with just right and left toe points

S3: Bump Hips Right Twice, Bump Hips Left Twice, Bump Hips Right And Left Twice

- 17-18 (17) Rock right in place and bump hips right (18) Bump hips right
19-20 (19) Recover to left and bump hips left (20) bump hips left
21-24 (21) Bump hips right (22) Bump hips left (23) Bump hips right (24) Bump hips left (weight to left)

S4: Grapevine Right, Grapevine Left with A 1 / 4 Turn Left

- 25-26 (25) Step Right to Right Side (26) Cross left behind Right.
27-28 (27) Step Right to Right Side (28) Tap Left next to right
29-30 (29) Step left to left side (30) Cross right behind left
31-32 (31) Step left to left side while making a 1 / 4 turn left (32) Step right next to left (weight right)

***8 count Tag just before you begin wall 5 and 9. Instead of keeping weight on right foot for count (32) Tap right next to left keeping your weight on left foot.**

Tag: Point Right, Point Left, Kick, Kick, Coaster Step

- 1-2 (1) Point right toe to right side (2) Step right next to left
3-4 (3) Point left toe to left side (4) Step left next to right
5-6 (5) Kick right foot forward (6) While right foot is still up kick right foot forward again
7&8 (7) Step back on right foot (&) Step left next to right (8) Step right foot forward

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