

Shake

拍数: 64 墙数: 4 级数: Improver
编舞者: Melissa Lau (NZ) - March 2019
音乐: Shake - MercyMe



Dance begins on vocals after 48 counts

TOE STRUT JAZZ BOX CROSS

1, 2, 3, 4 Touch R toe across front of L, drop R heel, touch L toe back, drop L heel
5, 6, 7, 8 Touch R toe to right, drop R heel, touch L toe across front of R, drop L heel

DIAGONAL FWD RIGHT 'POINT-TOUCH-POINT', HOLD, BEHIND-SIDE-CROSS, HOLD

1, 2, 3, 4 Point R toe diagonal fwd, touch R toe beside L instep, point R toe diagonal fwd, hold
5, 6, 7, 8 Step R behind L, step L to side, step R across L, hold

LEFT SIDE 'POINT-TOUCH-POINT', HOLD, BEHIND, ¼ RIGHT TURN, FWD, HOLD

1, 2, 3, 4 Point L toe to side, touch L toe beside R instep, point L toe to side, hold
5, 6, 7, 8 Step L behind R, step R ¼ right turn, step L fwd, hold

MAMBO FWD, HOLD, RUN BACK L-R-L, HOLD

1, 2, 3, 4 Rock R fwd, recover back on L, step R back, hold,
5, 6, 7, 8 Step L back, step R back, step L next to R, hold

POINT, TOUCH, HEEL, HOOK, STEP-LOCK-STEP, HOLD

1, 2, 3, 4 Point R toe to side, touch R toe back beside L instep, tap R heel fwd, hook R heel in front of L
5, 6, 7, 8 Step R diagonal fwd, lock L behind R, step R fwd, hold

CROSS ROCK, SIDE ROCK, BEHIND-SIDE-CROSS, HOLD

1, 2, 3, 4 Rock L across R, recover on R, rock L out to side, recover on R
5, 6, 7, 8 Step L behind R, step R to side, step L across R, hold

K-STEP WITH CLAPS

1, 2, 3, 4 Step R diagonal fwd R, touch L next to R and clap, step L diagonal back L, touch R next to L and clap
5, 6, 7, 8 Step R diagonal back R, touch L next to R and clap, step L diagonal fwd L, touch R next to L and clap

HEEL SWIVELS: RIGHT-HOLD-LEFT-HOLD, RIGHT-LEFT-CENTRE-HOLD

1, 2, 3, 4 Swivel both heels to right, hold, swivel both heels to left, hold,
5, 6, 7, 8 Swivel both heels to right-left-centre, hold

* RESTART: on wall 3 after 32 counts (facing 9 o'clock)

* ENDING: after 16 counts, facing the front