Soul Shake



拍数: 64 墙数: 4 级数: Intermediate

编舞者: Fred Whitehouse (IRE) - August 2019

音乐: Soul Shake - Tommy Castro



Intro - 80 Count from start of track, on Lyrics

1-4 Step LF to L, step RF behind L, step LF to L, cross RF over L

5&6 Step LF to L, close RF next to L, step LF to L,

7,8 Rock RF behind L, recover on L

[9-16] Monterey Turns x 2

1,2 Point RF to R, ¼ turn R closing RF next to L

3,4 Point LF to L, close LF next to R

5,6 Point RF to R, ¼ turn R closing RF next to L

7,8 Point LF to L, close LF next to R (Add Claps when you collect feet)

[17-24] Rock Recover, Behind, Rock Recover, Behind, Side, Cross

1-4 Rock RF to R, recover on to L, step RF behind L, rock LF to L
5-8 Recover on to R, step LF behind R, step RF to R, cross LF over R

[25-32] Stomp, Heel Toe Walk in x2

Stomp RF forward to R diagonal, swivel L heel in, swivel L toe in, swivel L heel in
Stomp LF forward to L diagonal, swivel R heel in, swivel R toe in, swivel R heel in

[33-40] Twist R, Clap, Twist L, Clap

1-4 Twist both heels to R, twist both toes to R, twist both heels to R, clap

5-8 Repeat to L side (body ends on slight diagonal 7.30)

[41-48] Toe Strut x2, Walk x 2, Step forward, Pivot 1/4 Turn L

1-4 Touch R toe forward, step R heel down, touch L toe forward, step L heel down (keep body on

angle to R diagonal)

5-8 Walk forward R, L, R, pivot ¼ turn L placing weight on L

[49-56] Step Point, Step Scuff, Jazzbox

Step RF forward, point LF to L, step LF forward, scuff RF forward
Cross RF over L, step LF back, step RF to R, cross LF over R

[57-64] Toe Heel x2, Step, Close, Heel Bounces x2

1-4 Touch R toe to R, touch R heel to R, touch R toe to R, touch R heel to R

5-8 Step RF forward, close LF next to R, bounce heels x2

Smile, Let the music take control \Box

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