

Hey Girl Shake It

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Daniel Trepát (NL) & Rob Fowler (ES) - July 2018
音乐: Hey Girl (Shake It) - Global DeeJays



Intro: 16 counts from first beat in music (app. 8 sec. into track).

Restart: In the 7th wall after 8 counts

[1 – 8] Diagonal Step, Close, Shake with hip bumps, Diagonal Step, Close, (Arm Movement), Hip Bumps

1 – 2 Step R in R diagonal (1), Step L next to R (2) 12:00

3&4 Bump hip to R (3), Bring hip slightly to L (&), Bump hip to R (weight ends on R) (4)

At the same time as the hip bumps you shake your upper body 12:00

5 – 6 Step L in L diagonal (5), Step R next to L (Cross arms & touch shoulders) (6) 12:00

7&8 Bump hip to R (7), Bring hip slightly to L (&), bump hip to R (weight ends on R) (8) 12:00

Restart: In the 7th wall you will restart the dance here

[9 – 16] Walk backwards L R, Coasterstep, Charleston

1 – 2 Step L back (1), Step R back (2) 12:00

3&4 Step L back (3), Step R next to L (&), Step L forward (4) 12:00

5 – 6 Touch R forward (5), Step R back (6) 12:00

7 – 8 Touch L back (7), Step L forward (8) 12:00

[17 – 24] Walk R L, Shuffle R, Walk L R, Shuffle L (in a ¾ turn L circle)

1 – 2 Walk R forward (1), (Start ¾ turn L Circle) Walk L forward (2)

3&4 Step R forward (3), Step L next to R (&), Step R forward (4)

5 – 6 Walk L forward (5), Walk R forward (6)

7&8 Step L forward (7), Step R next to L (&), (Finish ¾ turn L Circle) Step L forward (8) 3:00

[25 – 32] V Step, Syncopated V Step, Hip Push Forward & Back

1 – 4 Step R in R diagonal (R hand on R hip) (1), Step L out (L hand on L hip) (2), Step R back in (3), Step L next R (4) 3:00

&5&6 Step R in R diagonal (&), Step L out (5), Step R back in (&), Step L next R (6) 3:00

7 – 8 Push hips forward (bring arms from forward to back) (7), Push hips back (bring arms forward) (8) 3:00

HAVE FUN & START AGAIN!