

Shake It Like Us

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Adrian Lefebour (AUS) & Vannesa Kelly (AUS) - April 2023
音乐: Shake It - Casey Donovan



#16 count intro from the start of the song

[1-8] Mambo Step, Coaster Step, Step Lock Step, 1/2 Pivot Turn, Step

1&2,3&4 Rock R fwd, Recover weight on L, Step R back, Step L back, Step R next to L, Step L fwd
5&6,7&8 Step R fwd, Lock step L behind R, Step R fwd, Step L fwd, 1/2 Pivot turn R, Step L fwd (6.00)
RESTART

[9-16] Step Lock Step, 1/2 Pivot Turn, Step, Side Mambo Together, Side Mambo Flick

1&2,3&4 Step R fwd, Lock step L behind R, Step R fwd, Step L fwd, 1/2 Pivot turn R, Step L fwd (12.00)
5&6,7&8 Rock R to R side, Recover on L, Step R next to L, Rock L to L side, Recover weight on R, Flick L foot behind R

[17-24] 3/8 Walk Around, 3/8 Shuffle, Toe Strut Jazz Box

1,2 1/4 Turn L step L fwd, 1/8 Turn L step R fwd,
3&4 3 1/8 Shuffle Fwd – 1/8 Step L fwd, 1/8 step R next to L, 1/8 step L to L side (3.00)
5&6& R toe strut across L, Drop R heel, L toe strut back, Drop L heel
7&8& R toe strut to R side, Drop R heel, L toe strut across R, Drop L heel

[25-32] Rhumba Back, 1/4 Shuffle Fwd, Sweep, Across, Side, Behind, Sweep, 1/4 Turning Coaster Step

1&2 Step R to R side, Step L next to R, Step R back
3&4 1/4 Turn L step L fwd, Step R beside L, Step L fwd (12.00)
5&6 Sweep R around and Step R across L, Step L to L side, Step R behind L whilst sweeping L back
7&8 1/4 Turn L step L back, Step R next to L Step L fwd (9.00)

[33-40] Touch Side, Hitch, Touch Side, Flick, Cross Shuffle – Repeat

1&2& Touch R toe to R side, Hitch R knee towards L knee, Touch R toe to R side, Flick R foot up
3&4 R Cross Shuffle – Step R across L, Step L to L side, Step R across L
5&6& Touch L toe to L side, Hitch L knee towards R knee, Touch L toe to L side, Flick L foot up
7&8 L Cross Shuffle – Step L across R, Step R to R side, Step L across R (9.00)

[41-48] 1/2 Turn Monterey Turn, Flick, Cross Samba x2

1&2& Touch R toe to R side, 1/4 Turn R step R next to L, Touch L toe to L side, Step L next to R (12.00)
3&4& Touch R toe to R side, 1/4 Turn R step R next to L, Touch L toe to L side, Flick L foot up (3.00)
5&6 Cross step L over R, Rock R to R side, Step L in place (move slightly forward)
7&8 Cross step R over L, Rock R to R side, Step R in place (move slightly forward)

[49-56] Forward Mambo, Back Mambo, 1/2 Pivot Turn, Step, 1/4 Paddle Turn, Step Across

1&2 Rock L fwd, Recover weight on R, Step L back – Shimmy your shoulders when doing this
3&4 Rock R back, Recover weight fwd on L, Step R fwd – Shimmy your shoulders when doing this
5&6, 7&8 Step L fwd, 1/2 Pivot turn R, Step L fwd (9.00), Step R fwd, 1/4 Paddle turn L, Step R across L (6.00)

[57-64] Step, Touch, Back, Kick, Back, Side, Across, Step, Touch, Back, Kick, Back, Side, Drag/Touch

1&2&	Step L fwd at L 45, Touch R toe behind, Step R back, Kick L fwd
3&4	Step L back, Step R to R side straightening up to 12.00, Step L across/fwd R at R 45
5&6	Step R fwd at R 45, Touch L toe behind, Step L back, Kick R fwd
7&8	Step R back, Big Step L to L side, Drag R towards L and Touch R toe next to L (weight on L)

Start Again!

Restart: During the second wall. Dance to count 8 and then restart the dance to the 12 o'clock wall.

Ending: During the 5th wall, dance to count 48, then stomp L to L side and look to the front with both hands pushed out.
