Shake Your Boots



拍数: 64 墙数: 2 级数: High Improver

编舞者: Trent Duncan (AUS) - July 2023 音乐: Shake Your Boots - RaeLynn



** 16 Count Intro Starting on Lyrics 'wake up in the morning'

3 Restarts - Wall 1, Wall 3 and Wall 5.

[1-8] Jumping Out, Across, Out, Together, Double Heel fwd, Double Toe Back

1-4 Jump both Feet Apart, Jump feet so Right is across in front of L and L and behind R, Jump

feet apart, Jump feet together.

5-8 Tap L heel fwd, Tap L Heel fwd, Tap L toe back, Tap L toe back

[9-16] Side Touch, Slap Boot Behind, Side and Front, L Toe Drop, R Toe Drop

1-2 Touch L toe to L side, Swing L foot Behind R Leg reach back with R hand slapping L foot

3 Swing L foot to L side, slapping outside of L foot with L hand 4 Swing L foot across in front of R leg, Slapping L foot with R hand

5-8 Touch L toe fwd, drop L heel, Touch R toe fwd, Drop R heel ###(Restart Wall 5)

[17-24] L Heel fwd, Hold, L Toe Back, Hold, Step Together Step, Hold

1-2 Touch L heel fwd, Hold 1 count 3-4 Touch L toe back, Hold 1 count

5-8 Step L fwd, Step R beside L, Step L fwd, Hold 1 Count (add some style)

[25-32] Slow 1/4 Pivot rolling hips, Step Drag

Step R fwd. Slowly pivot 1/4 turn whilst rolling hips in a counter-clockwise motion weight 1-4

ending on L foot

5-8 Step R fwd, Drag/slide the L upside R whilst doing a slight dip down and up, Touch L beside

[33-40] Vine L, Vine R

1-4 Vine L - Step L to L, Step R behind L, Step L to L, Touch R beside L Vine R - Step R to R, Step L behind R, Step R to R, Touch L beside R 5-8

[41-48] Step L 45 deg Drag, 1/4 turn Step R side Drag

1-4 Step L fwd on a 45 deg, Drag/slide R to L, Touch R beside L 5-8

Turn ¼ L, Step R to R side, Drag/Slide L to R, Touch L beside R.

#Restart (Wall 1)

##Wall 3 - Stomp R to R side & Freeze with the music. Restart from beginning with lyrics.

[49-56] Vine L ½ Turn Hitch. Vine R ½ Turn Hitch

1-4 Step L to L side, Step R behind L, Step L to L side, Turning ½ turn L Hitch R knee up 5-8 Step R to R side, Step L behind R, Step R to R side, Turning ½ Turn R Hitch L knee up.

[57-64] Step L side, Shimmy, Step R together, Step R side, Shimmy, Step L together

1-4 Step L to L side, Shimmy Shoulders as you Drag your R to L, Step R beside L. 5-8 Step R to R side, Shimmy Shoulders as you drag you L to R, Step L beside R.

Enjoy the Music and the dancing□

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