

Shake Things Up

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Low Intermediate
编舞者: Stephen Pistoia (USA) & Laura Pistoia (USA) - August 2023
音乐: Might As Well Be Me - Brothers Osborne : (iTunes)



Intro: 16

This dance has 1 easy tag/restart

[1-8] OUT OUT, SHAKE HIPs, AND HEELS X 4.

&1-2-3-4 Step RF out to right, step LF out to left, Shake hips L,R,L.

&5&6&7&8 Step RF back, and LT heel, Step LF back, and RT heel, Step RF back and LT heel, Step LF back and RT heel,

[9-16] AND CROSS AND HEEL, AND CROSS AND HEEL ¼ TURN RT, WALK BACK, BACK COASTER

&1&2&3&4 Step RF next to LF, Cross LF over RF, Step RF out to RT, Point LT heel LT, Step LF out to LT, Cross RF over LF, Step LF out to LT making ¼ turn RT, Point RT heel on new wall (3:00).

5-6-7&8 Step RF back, Step LF back, Step RF back, Step LF next to RF. Step RF forward. (3:00)

[17-24] ROLLING GRAPEVINE LT, STOMP, SIDE BEHIND SHUFFLE RT.

1-2-3-4 Step LF out to LT making ¼ turn, Step RF out to LF making ¼ turn, Swing LF behind RF making ½ turn LT, Stomp RF next to LF.

5-6-7&8 Step RF out to RT, Step LF behind RF, Step RF out to RT, step LF next to RF, Step RF out to RT. (3:00)

[25-32] STEP HALF TURN HITCH, SHUFFLE, STEP, HALF TURN PADDLE LT

1-2-3&4 Step LF forward, Pivot half turn RT on balls of LF hitching RT knee, Step RF back, Step LF next to RF, Step RF forward. (9:00)

5-6-7-8 Step LF forward, Point Rf out to RT pivoting on LF making turn LT pushing off with RF,

Repeat this for 7-8 until facing (3:00).

TAG: 2 CT TAG. Happens after the first 16 ct on wall 7 Stomp LF twice then restart!

Dance rotates clockwise. Have fun with it! Any questions contact at Pistoias@gmail.com