

Shake Up The Party

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Roy Verdonk (NL) & Wil Bos (NL)
音乐: Shake Up the Party - Glennis Grace



CHASSÉ, ROCK RECOVER, STEP, TAP WITH HIP BUMPS, CLOSE & CROSS ¼ TURN LEFT

- 1&2 Step right to right side, close left beside right, step right to right side
- 3-4 Rock back on left, recover onto right
- 5-6 Step left to left side, tap left heel (bump left hip)
- &7-8 Close left beside right, cross right in front of left, ¼ turn left step forward (9:00)

FULL PADDLE TURN, SYNCOPATED JAZZ BOX

- 1 ¼ turn left on ball of left foot and touch right toe to the right (06:00)
- 2 ¼ turn left on ball of left foot and touch right toe to the right (03:00)
- 3 ¼ turn left on ball of left foot and touch right toe to the right (12:00)
- 4 ¼ turn left on ball of left foot and touch right toe to the right (09:00)
- 5&6 Cross right in front of left, step left behind, step right to right side
- 7-8 Cross left in front of right, step right to right side

BEND RIGHT KNEE AND LEAN TO THE RIGHT, SHOULDER POPS, CROSS BEHIND, SIDE, CROSS STEP, HOLD & CLAP, CLOSE, STEP, HOLD & CLAP

- 1&2 Bend knee and lean to the right, right shoulder pop
- &3&4 Recover on left, cross right behind left, step left to left side, cross right in front of left
- 5-6 Step left to left side, hold & clap
- &7-8 Close right next to left, step left to left side, hold & clap

SAILOR HALF TURN RIGHT, TOUCH, HIP BUMPS, COASTER STEP, KICK BALL CROSS

- 1&2 Cross right behind left turning ¼ right, step left in place, step right ¼ turn right and slightly forward
- 3&4 Touch left toe in front and push hip forward, push hip back, push hip forward (weight stays right)
- 5&6 Step back on left, step right next to left, step left forward
- 7&8 Kick right forward to right diagonal, step on ball right, cross left in front of right

REPEAT
