

The Shake

拍数: 32 墙数: 4 级数:
编舞者: Jane Schomas (USA)
音乐: The Shake - Neal McCoy



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- 1-4 In place, lean and shake shoulders left; clap on 4
5-8 In place, lean and shake shoulders right; clap on 8
- 9-12 Moving left: step left-slide right to left-step left-touch right
13-16 Moving right: step right-slide left to right-step right-touch left
- 17-18& On balls of feet, right in front: move heels in-out (on & of 18 bring right in back)
19-20 On balls of feet, left in front: move heels in-out
Advanced dancers may want to double time counts 17-20
21-24 Stomp right, stomp left; snap fingers twice at chest level
- 25-26 Swing left knee to left, then back to center
27-28 Swing right knee to right, making ¼ turn right as knee comes back to center
29-32 Left jazz square: cross left over right, step right back, step side left bring right to home

REPEAT

On wall 5 only, start the wall with the following 8 count tag.

- 1-4 Step right, touch left; step left, touch right.
5-8 Step right, touch left; step left, touch right (clap on 8)
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