

The Shake

拍数: 64 墙数: 2 级数:
编舞者: The Buffalo Girls
音乐: The Shake - Neal McCoy



The Buffalo Girls are Kelly, Lisa, Debbie, and Toni

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| 1-4 | Step left to left turning body 45 degrees right from front with weight on left and shimmy shoulders for 3 beats and clap on the 4th beat |
| 5-8 | Swivel heels right, turning body 45 degrees left from front with weight on right and shimmy shoulders for 3 beats and clap on the 4th beat |
| 9 | Step onto left on the spot swinging right hand to the right |
| 10 | Click fingers of right hand while looking right |
| 11 | Step right behind left swinging right hand across body to left |
| 12 | Click fingers of right hand while looking left |
| 13 | Step left to left swinging right hand to the right |
| 14 | Click fingers of right hand while looking right |
| 15 | Step right behind left swinging right hand across body to left |
| 16 | Click fingers of right hand while looking left |
| 17-20 | Long step right to right with hands on thighs and bending knees and shimmying for first 3 beats as weight is transferred onto right foot, on 4th beat bring left to right, straighten and clap |
| 21-24 | Long step left to left with hands on thighs and bending knees and shimmying for first 3 beats as weight is transferred onto left foot on 4th beat bring right to left, straighten and clap |
| 25-26 | While shimmying-rock forward onto right, hold |
| 27-28 | Pivot ½ turn to the right stepping forward onto right, clap |
| 29-30 | While shimmying-rock forward onto left, hold |
| 31-32 | Step left together, clap |
| 33-34 | Strut forward right, stepping heel, toe |
| 35-36 | Strut forward left, stepping heel, toe |
| 37-38 | Rock back onto right, rock forward onto left |
| 39-40 | Strut forward right stepping heel, toe |
| 41-42 | Strut forward left, stepping heel, toe |
| 43-44 | Rock back onto right, rock forward onto left |

THE NEXT 8 BEAT SEQUENCE RESULTS IN A ¾ TURN

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|-------|--|
| 45-46 | Step right to side bumping hips right, transfer weight back onto left bumping hips left (no change of direction) |
| 47-48 | Step right toe to side, paddle and pivoting ¼ turn to the left |
| 49-50 | Step right toe to side, paddle and pivoting ¼ turn to the left |
| 51-52 | Step right toe to side, paddle and pivoting ¼ turn to the left |
| 53-54 | Step right to side, step left behind |
| 55-56 | Turn ¼ turn to the right stepping right forward, scuff left through turning ¼ turn to the right |
| 57-60 | Bump hips twice to left, bump hips twice to right |
| 61-64 | Touch left behind right, unwind ¾ turn to the left |

65-68

Stomp right beside left, clap

REPEAT
