

The Shake

拍数: 64 墙数: 2 级数:
编舞者: Mark Simpkin (AUS)
音乐: The Shake - Neal McCoy



(The first 16 counts should be done using the hips)

- 1-4 Step forward at 45 degrees left on ball of left foot & roll left knee to the left twice
5-8 Step forward at 45 degrees right on ball of right foot & roll right knee to the right twice
- 1-4 Step left forward with heel in, step right forward with heel in & swivel left heel to left, step left forward turning $\frac{1}{4}$ turn left swiveling right heel to right, hold
5-8 Step forward on right to face front swiveling left heel left, step forward on left with heel in & swivel right heel to right, step forward on right turning $\frac{1}{4}$ turn right swiveling left heel left, hold

(The next 8 counts should be done with a bouncing motion)

- 1-4 Kick left foot forward, swing left foot back, pivot on right $\frac{1}{2}$ turn left kicking left forward, hop onto left swinging right foot to the back
5-8 Kick right foot forward, swing right foot back, pivot on left $\frac{1}{2}$ turn right kicking right foot forward, hop onto right swinging left foot to the back
- 1-4 Step forward on left, pivot $\frac{1}{4}$ turn right, shuffle forward left-right-left
5-8 Step forward on right, pivot $\frac{1}{2}$ turn left, shuffle forward right-left-right
- 1-4 Kick left forward at 45 degrees left, step left behind right, kick right forward at 45 degrees right, step right behind left
5-8 Twist both heels left turning $\frac{1}{4}$ turn right, twist both heels right turning $\frac{1}{4}$ turn left stomp right beside left, stomp left beside right
- 1-4 Kick right forward at 45 degrees right, step right behind left, kick left forward at 45 degrees left, step left behind right
5-8 Twist both heels right turning $\frac{1}{4}$ turn left, twist both heels left turning $\frac{1}{4}$ turn right, stomp left beside right, stomp right beside left
- 1-4 Step forward on left, step forward on right, turning $\frac{1}{4}$ turn left, shuffle back left-right-left
5-8 Kick right, ball change right, left, step forward on right turning $\frac{1}{4}$ turn right, step left beside right
- 1-4 Vine to right-right-left-right turning a full turn right & touch left beside right
5-8 Vine to left-left-right-left turn $\frac{1}{2}$ turn left on 3rd beat, step right to right side

REPEAT

Whenever the sequence finishes at the front wall, a further 8 counts is added to fit in with the music-as follows:

- 1-8 Step forward on left, pivot $\frac{1}{4}$ right-repeat this three more times to total a full turn to the right (paddle turn)
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