

# Shiftrock Shake (P)

拍数: 48      墙数: 0      级数: Partner  
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音乐: There Goes The Neighborhood - Keith Harling



Position: Closed Position, in lines

## HIP BUMPS, REPEAT

1&2      **MAN:** Step forward left & bump hips left, right, left  
          **LADY:** Step back right & bump hips right, left, right  
3&4      **MAN:** Step forward right & bump hips right, left, right  
          **LADY:** Step back left & bump hips left, right, left  
5-8      **BOTH:** Repeat counts 1-4

## STEP, SLIDE, STEP, TOUCH, CROSS BEHIND, STEP, CROSS IN FRONT, HEEL, DROP CLOSED POSITION & GET INTO DOUBLE HAND HOLD

1-4      **MAN:** Step left, slide right next to left, step left, touch right toe to side  
          **LADY:** Step right, slide left next to right, step right, touch left toe to side  
5-8      **MAN:** Cross right behind left, step left, cross right in front of left, touch left heel to side  
          **LADY:** Cross left behind right, step right, cross left in front of right, touch right heel to side

## JAZZ BOX, REPEAT

1-4      **MAN:** Cross left over right, step back right, ( $\frac{1}{4}$  turn left) step left, scuff right  
          **LADY:** Cross right over left, step back left, ( $\frac{1}{4}$  turn right) step right, scuff left  
On count 2 let go of man's left hand, lady's right (single hand hold lady's left in man's right)  
5-8      **MAN:** Cross right over left, step back left step right next to left, scuff left  
          **LADY:** Cross left over right, step back right, step left next to right, scuff right

## KICK, HITCH, KICK, HITCH, STEP, TOUCH, STEP BACK, HITCH

1-4      **MAN:** Kick left forward, hitch left over right, kick left forward, hitch left over right  
          **LADY:** Kick right forward, hitch right over left, kick right forward, hitch right over left  
5-8      **MAN:** Step forward left touch right toe behind, step back right, hitch left  
          **LADY:** Step forward right, touch left toe behind step back left, hitch right

## STEP, PIVOT, STEP, SCUFF, KICK, HITCH, KICK, HITCH

1-4      **MAN:** Step left forward, pivot  $\frac{1}{2}$  right, step forward left, scuff right  
          **LADY:** Step right forward, pivot  $\frac{1}{2}$  left step forward right, scuff left  
On count 2 drop hands, count 3 rejoin hands, lady's right in man's left  
5-8      **MAN:** Kick right forward, hitch right over left, kick right forward, hitch right over left  
          **LADY:** Kick left forward, hitch left over right, kick left forward, hitch left over right

## STEP, TOUCH, STEP BACK, HITCH, STEP, PIVOT, STEP, TOUCH

1-4      **MAN:** Step forward right, touch left toe behind, step back left, hitch right  
          **LADY:** Step forward left touch right toe behind step back right, hitch left  
5-8      **MAN:** Step forward right, pivot  $\frac{1}{2}$  left, step in place right, touch left next to right  
          **LADY:** Step forward left, pivot  $\frac{1}{2}$  right, step forward left pivot  $\frac{1}{2}$  right, (in front of man) touch right next to left

On count 7, lady passes under joined hands, back into closed position

REPEAT