

Couple-A-Shakes

拍数: 64 墙数: 0 级数:
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音乐: The Shake - Neal McCoy



HEEL SWIVELS WITH HIP BUMPS

- 1-4 Bending knees slightly, swivel heels to the left while bumping hips to the left four times
5-8 With knees bent, swivel heels to the right, while bumping hips to the right four times

DIAGONAL VINES, SCUFF

- 9 Step forward and diagonally to the left on left foot
10 Step right foot behind left heel
11 Step forward and diagonally to the left on left foot
12 Scuff right foot forward
13 Step forward and diagonally to the right on right foot
14 Step left foot behind right heel
15 Step forward and diagonally to the right on right foot
16 Scuff left foot forward

HEEL SWIVELS WITH HIP BUMPS

The following four beats are done while slowly bending knees

- 17-18 Swivel heels to the left and bump hips to the left twice
19-20 Swivel heels to the right and bump hips to the right twice

The following four beats are done while slowly straightening knees

- 21-22 Swivel heels to the left and bump hips to the left twice
23-24 Swivel heels to the right and bump hips to the right twice

SHUFFLE FORWARD

- 25&26 Shuffle forward, left-right-left
27&28 Shuffle forward, right-left-right
29-32 Repeat counts 25-28

CROSS STEPS, HOLD

- 33 Cross left foot over right and step
34 Hold
35 Cross right foot over left and step
36 Hold
37-40 Repeat counts 33-36

TO THE RIGHT MILITARY PIVOTS, JAZZ SQUARE

Release left hands and raise right hands

- 41 Step forward on left foot
42 Pivot ½ turn to the right on ball of left foot and shift weight to right foot
43-44 Repeat counts 41 & 42

Rejoin left hands returning to right side-by-side position facing LOD

- 45 Cross left foot over right and step
46 Step back onto right foot in place
47 Step slightly to the left on left foot
48 Step right foot next to left

SIDE STEP-SLIDES, STEP TOUCHES

- 49 Step to the left on left foot

- 50 Slide right foot over next to left and step
- 51 Step to the left on left foot
- 52 Touch right toe next to left foot
- 53 Step to the right on right foot
- 54 Slide left foot over next to right and step
- 55 Step to the right on right foot
- 56 Touch left toe next to right foot

TO THE RIGHT MILITARY PIVOTS, STOMPS, HIP BUMPS WITH HEEL SWIVELS

Release left hands and raise right hand

- 57 Step forward on left foot
- 58 Pivot $\frac{1}{2}$ turn to the right on ball of left foot and shift weight to right foot
- 59-60 Repeat counts 57-58

Rejoin left hands returning to right side-by-side position facing LOD

- 61 Stomp left foot next to right
- 62 Stomp right foot next to left
- 63 Swivel heels to the right while bumping hips to the right
- 64 Swivel heels to the left while bumping hips to the left

REPEAT
