

Shake The Room

拍数: 32 墙数: 2 级数: Intermediate

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音乐: Boom! Shake the Room - DJ Jazzy Jeff & The Fresh Prince : (Album: Collections, Various 80's compilations)



Count In – 16 Counts

Section 1: Side Stomp, Hold, Sailor Step. Together. Side Stomp, Hold, Sailor Step

- 1 - 2 Stomp right to right side, HOLD
- 3 & 4 Left sailor step - step left behind right, step right to right side, step left in place
- & 5 – 6 Step right next to left (&), Stomp left to left side (5). HOLD (6)
- 7 & 8 Right sailor step – step right behind left, step left to left side, step right in place

Styling – on the two HOLD steps, you can bounce the knees for a little “hip-hop” attitude

On the Chorus’, the hold comes on the words “shake, shake” – so “Shake” !

Section 2: Left Rock Recover, Left Sailor Step, Walk x2, Rock Recover ¼

- 1 - 2 Rock forward on the left, Recover weight back on right
- 3 & 4 Left coaster step – Step back on left, step right next to left, step forward left
- 5 – 6 Walk forward right, left

Styling - with attitude

- 7 & 8 Rock forward on the right, Recover weight back onto the left, Make ¼ right stepping right to right side

Section 3: Left Rocks Forward & Side & Coaster Step. Mirror on the Right

- 1 & 2 & Rock forward left, Recover weight back onto right, Rock left to left side, Recover weight back onto right
- 3 & 4 Left coaster step – Step back on left, step right next to left, step forward left
- 5 & 6 & Rock forward right, Recover weight back onto left, Rock right to right side, Recover weight back onto left
- 7 & 8 Right coaster step – Step back on right, step left next to right, step forward right

Section 4: ¼ Right Hip Push, ¼ Right Hip Push, Step ½ Pivot

- 1 & 2 Turn ¼ right touching left toe to left side and push/bump left hip left, right, left
- 3 & 4 Turn ¼ right touching right toe forwards and push/bump right hip forward, back forward
- 5 – 6 Step forward left, ½ pivot right (weight ends right)
- 7 & 8 EASY OPTION :- Step forward left, make ¼ pivot right (weight ends right), Stomp left next to right

HARD OPTION :- Triple 1 ¼ turn over right shoulder stepping left, right, left

NB – it’s quick and you need to make the turn as much on the spot as possible !

Try and end with a left “stomp” to help you stop the turn

!!! START THE DANCE AGAIN – SMILE !!!