## Move Shake And Drop

拍数： 48
堷数： 4
级数：Beginner
编舞者：Regina Cheung（CAN）－September 2008
音乐：Move，Shake，Drop（feat．Pitbull \＆Flo Rida）－DJ Laz


Count In： 32 counts intro from start of track
Thanks to Rachael McEnaney \＆Jessica Langstaff for their dance JR Drop，which inspired the first four counts of my choreographed dance for my beginners students．
（1－8）Dance starts with feet apart！twist right，twist left，twist right $x 2$ ，and，jazz box
\＆ 1 \＆ $2 \quad$ twist right heel in towards left（ $\&$ ），return right heel to place（1），twist left heel in towards right
\＆3 \＆ $4 \quad$ twist right heel in towards left（\＆），return right heel to place（3），twist right heel in towards left （\＆），return right heel to place（4）
\＆ 5678 step slightly back on left foot，cross right over left，stepping back on left，step right to right side，step left forward［12．00］
（9－16）$R$ side，together，$L$ side，together，twist left，left coaster step
12 step right out to right side，step right next to left
34 step left out to left side，step left next to right
56 twist both feet to left，twist back to centre（weight on R）
7 \＆ 8 step back on left，step right next to left，step forward on left［12．00］
（17－24）Vine Steps－R side，L behind，$R$ side，stomp $L$ beside $R ; L$ side，$R$ behind，$L$ side，stomp $R$ beside $L$ 1234 right to right side，left behind right，right side again，stomp $L$ beside
5678 left to left side，right behind left，left side again，stomp $R$ beside［12．00］
（25－32）R side step \＆L side step \＆，$R$ forward step \＆L forward step \＆，R forward $1 / 2$ turn left，$R$ forward $1 / 2$ turn left
$1 \& 2$ \＆right out，back together，left out，back together
$3 \& 4$ \＆right step forward，back together，left step forward，back together
5678 right forward 1／2 turn left，right forward 1／2 turn left（weight on L）［12．00］
（33－40）R out，L out，R in，L in，jazz box 1／4 turn right
12 step right out，step left out（shoulder width）
34 step right in，close left next to right
56 step right across left，left back $1 / 4$ turn right
78 step right to side，step left to side［3．00］
（41－48）right sailor，left sailor，$R$ out，L out，knees pop 2 times
$1 \& 2$ right step behind left，left step left，right step right
3 \＆ $4 \quad$ left step behind right，right step right，left step left
56 step right out，step left out
78 knees pop twice（weight on left）［3．00］
Prepare to twist your feet for the first bar
RESTART
Tag－Wall 9 ［12．00］：
1－4 bump Hips to right $X 2$ ，bump hips to left $X 2$
$5-8 \quad$ bump Hips to right $X 2$ ，bump hips to left $X 2$
roll hips counterclockwise $\times 2$, shake hip to right and left with fingers up (singing - nothing wrong \& nothing wrong)
17-32
Repeat 1-16 again
33-48
Repeat 33-48 of the main dance

Ending : 9:00, do 3 bounces from 9:00 to 12:00 :-)
START AGAIN, HAVE FUN!
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