

Shake It For Me

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Phrased Intermediate
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音乐: Country Girl (Shake It for Me) - Luke Bryan



PART A - 32 counts

Twist, Shuffle left, ½ turn by stepping right then left, Shuffle right

1&2 Twist on balls of feet with heels to right bring home and right
3-4 Shuffle to left (left together left)
5-6 Step right turning ½ left, now facing 6 o'clock step right behind left
6-8 Shuffle right (right together right)

Stomp left, Kick left, coaster left, jumps forward, back, forward, clap

1-2 Stomp left foot in place, kick left
3&4 Coaster Left (Step back left, step back right, step with weight forward left)
&5 Jump forward Right then left (legs apart)
&6 Jump home Right then left (legs home)
&7-8 Jump forward Right then left, Clap on &,8

Sailor Right, Sailor Left, Shuffle forward Right, Shuffle forward Left

1&2 Step right foot behind left, step out left, step out with right
3&4 Step left foot behind right, step out right, step out with left
5&6 Shuffle forward right, left, right
7&8 Shuffle forward left, right, left

Mambo right, Sailor ¼ turn left, walk forward R-L-R hitch L, step out-out-home, flick right foot

1&2 Rock forward right, recover left, bring right foot home
3&4 Step left foot behind right as you turn ¼ left (facing 9 o'clock), step out right, step out left
5&6& walk forward quick right, left, right, hitch left
7&8& step out left, step out right, step home with left, flick right foot behind left

PART B – 16 counts (always on Chorus)

Coaster right, chasing shuffle turns with emphasis on hips shakes

1&2 Coaster Right (Step back right, step back left, step with weight forward right)
3&4& Shuffle left (left together left) turn ¼ left with small right hitch (weight on left)
5&6& Shuffle right (right together right) turn ¼ left (weight on right)
7&8 Shuffle left (left together left)

Quick jazz boxes, walk forward R-L-R hitch L, step out-out-home, flick right foot

1&2 cross right over left, step out left, step out right
3&4 cross left over right, step out right left
5&6& walk forward quick right, left, right, hitch left
7&8& step out left, step out right, step home with left, flick right foot behind left

Sequence: AA BB AA BB AAA BBBB A