

Shake It For Me

拍数: 32 墙数: 2 级数: Improver
编舞者: Lia Andrus Reau (USA) & Al Dykstra - February 2012
音乐: Country Girl (Shake It for Me) - Luke Bryan



Start On Lyrics, With Right Foot Pointed Out To Right Side

Cross Rock/Recover Point X 2-Sailor Right-Sailor Left

1&2 Cross Rock R Over L- Recover Onto L- Point R To R Side
3&4 Cross Rock R Over L- Recover Onto L- Point R To R Side
5&6 Step R Behind L-Step L To L Side-Step R To R Side
7&8 Step L Behind R-Step R To R Side-Step L To L Side

Grapevine Right-Grapevine Left With ¼ Turn Left

1-2 Step Right To Right-Step Left Behind Right
3-4 Step Right To Right-Touch Left Next To Right
5-6 Step Left To Left-Step Right Behind Left
7-8 Turn ¼ Left Stepping On Left-Touch Right Next To Left

Hip Bumps Diagonal Forward 4x

1-2 Touch Right Diagonal Forward While Bumping Right Hip-Step On Right Diagonal Forward
While Bumping Right Hip
3-4 Touch Left Diagonal Forward While Bumping Left Hip-Step On Left Diagonal Forward While
Bumping Left Hip
5-6-7-8 Repeat Counts 1-4

Right Lock Back-Left Coaster Step-Triple Forward-Step-Touch Right

1&2 Step Back On Right-Lock Left In Front Of Right-Step Back On Right
3&4 Step Back On Left-Step Back Right Next To Left-Step Forward Left
5&6 Step Forward On Right-Lock Left Behind Right-Step Forward On Right
7-8 Step Forward On Left-Point Right To Right Side