

Shake Them Boots

COPPER KNOB
STEP SHEETS

拍数: 32 墙数: 2 级数: Improver / Low Intermediate
编舞者: Donna Manning (USA) - June 2012
音乐: Shake It (feat. Big & Rich) - The Lacs



CROSS ROCK, BACK ROCK, CROSS, SIDE, BEHIND, ¼ TURN L

1,2,3,4 R Cross Rock (10:30), recover weight to L, R back rock (4:30), recover weight to L

hips still angled to 10:30

5, 6, 7, 8 Cross R over L, Step L to L side, Cross R behind L, Turn ¼ L stepping L foot forward (9:00)

½ TURN L, L FT SWEEP, STEP BACK, R FT SWEEP, R BACK ROCK, STEP, DRAG

1, 2 ½ Turn L Stepping back on R (sit slightly back on that R for stability) , Sweep L foot from front to back

3, 4 Step down on L foot, Sweep R from front to back

5, 6 R back rock, Recover weight to L

7, 8 Big step forward with R, drag L foot to meet R (don't change weight) (3:00)

BUMP, BUMP, STEP, DRAG, BUMP, BUMP, STEP, DRAG

1, 2 Keeping weight on R - Bump L hip front, Bump R hip back

3, 4 Step L foot forward, Drag R foot to meet L (don't change weight)

5, 6 Keeping weight on L - Bump R hip front, Bump L hip back

7, 8 Step R foot forward, Drag L foot forward to meet R (3:00)

STEP FORWARD, ¼ TURN R, CROSS, KICK, KICK, ROCK RECOVER, HITCH

1, 2, 3 Step L foot forward, ¼ Turn R (taking weight - over rotate), Step L foot across

4, 5 R foot low kick to 7:30 - twice

6, 7 R Back Rock (1:30), Recover weight to L

8 R hitch from back to front - body will be angled facing 7:30 then finishing facing 4:30 (6:00)

Styling hint- toes pointed down - that flat foot isn't appealing, keep foot close to L leg

END OF DANCE! HAVE FUN! SMILE!

REPEAT! - NO tags or restarts

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You may copy this step sheet as is. No alterations may be made without permission from Donna.

Last Revision - 6th July 2012