

Shakin' My Head

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Phrased Intermediate
编舞者: Guyton Mundy (USA) & Chris Atkinson (UK) - October 2013
音乐: SMH (Shakin' My Head) (feat. Flo Rida) - Detail



8 count intro - Pattern of dance AA BB AA BB Tag AB BA

A Pattern - 32 counts

[1-8] kick cross, back together, kick step rock/recover, cross, back, ball cross, side

1&2 kick right foot forward, cross right over left, step back on left
&3& step right next to left, kick left foot forward, step down on left
4& rock back on right, recover on left
5-6 cross right over left, step back on left
&7&8 step right to right, cross left over right, step right to right side

[9-16] Toe heel walk in, coaster, step, ¼ rock recover cross, ¼,

1&2 walk left foot into right toe heel toe (keep weight on right)
3&4 step back on left, step together with right, step forward on left
5 step forward on right
6&7 make a ¼ turn to right rocking left out to left, recover on right, cross left over right
8 make a ¼ turn to left stepping back on right

[17-24] 1/2, out, out, arm hits with ¼ turn, arms hits

&1-2 make a ½ turn over left stepping forward on left, step out on right, step out on left
3&4 bring hands up in front of chest with fists touching together, make a ¼ turn to right with upper body as you drop right elbow and lift left elbow and lifting left heel to pop left knee up slightly, drop left heel as you turn body back to front and bring elbows back to the starting position
5-6 bring hands around in a clockwise motion as you make a ¼ turn to the right bringing hands into chest,
7-8 push hands down towards right thigh as you lean back (weight goes to left foot), bring hands back up as you step down on right

[25-32] cross, back with 1/4 , side cross, rock recover, ball rock recover, ball side

1-2 cross left over right, make a ¼ turn to left as you step back on right
&3-4 step left to left, cross right over left, rock left out to left
5&6 recover on right, step ball of left next to right, rock right out to right
7&8 recover on left, step ball of right next to left, step left to left

B Pattern - 32 counts

[1-8] back with head nod with ½ turn, press/recover, coaster cross

1234 step back on right as you nod your head 4 times to the right as you make a half turn to right
5-6 press forward on right, recover on left
7&8 step back on right, step together with left, angle body slightly to right as you cross right over left

[9-16] pimp walks, rock/recover, ½ ½

1234 while angled slightly to the right walk forward left, cross right over left, walk forward left, cross right over left
5-6 rock forward on left, recover on right
7-8 make a ½ turn to left stepping forward on left, make a ½ turn to left stepping back on right

[17-24] shoulder rocks, ball step back with body roll X2

1-2 with upper body still angled to the right, rock shoulders forward, rock shoulders back

3-4 with upper body still angled to the right, rock shoulders forward, rock shoulders back
&5-6 step ball of left next to right, step back on right as you body roll back
&7-8 step ball of left next to right, step back on right as you body roll back

[25-32] back hold, back hold, coaster, walk X2

1-2 step back on left, hold,
3-4 step back on right, hold
5&6 step back on left, step together with right, step forward on left
7-8 walk forward right, left

TAG!!! Walk around in a CCW circle for 8 counts

Have fun!!!!

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