

Shake Like You're Changed

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Carol Cotherman (USA) - March 2014
音乐: Shake - MercyMe



A big thank you to my daughter, Coti, for suggesting this music track!

Sequence of dance: 64, 48, 48, 64, 64 32, 64 64, 48 with modified ending

Start dance on lyrics, 16 counts after full rhythm kicks in on the intro.

Step, Touch, Step, Touch, Step, ¼ Turn, Cross, Hold

1-2-3-4 Step right forward with body slightly angled to the left and arms stretched overhead, touch left beside right and snap fingers overhead, step left back bringing arms down to sides, touch right beside left and snap fingers

5-6-7-8 Step right forward, ¼ turn left with weight to left, cross right over left, hold (9:00)

Kick, Behind, Side, Cross, Side, Touch, ¼ Turn, Scuff

1-2-3-4 Kick left to left diagonal, step left behind right, step right to side, step left across right

5-6-7-8 Step right to side, touch left beside right, ¼ turn left stepping left forward, scuff right (6:00)

Step, Touch, Step, Touch, Step, ¼ Turn, Cross, Hold

1-2-3-4 Step right forward with body slightly angled to the left and arms stretched overhead, touch left beside right and snap fingers overhead, step left back bringing arms down to sides, touch right beside left and snap fingers

5-6-7-8 Step right forward, ¼ turn left with weight to left, cross right over left, hold (3:00)

Kick, Behind, Side, Cross, Kick, Touch, Kick, Touch

1-2-3-4 Kick left to left diagonal, step left behind right, step right to side, step left across right

5-6-7-8 Kick right to right diagonal, touch right toe beside left, kick right to right diagonal, touch right toe beside left

***Styling for 5-6-7-8: Bend left knee when touching right toe on counts 6 and 8. Push left shoulder forward on counts 5 and 7.**

****Restart after count 32 on Wall 6.**

¼ Turn, Modified Swivel Boogie Walks with Holds

1-2-3-4 Turn ¼ right step right ball forward with toes pointing slightly right and left heel swiveled left, hold, step left ball forward with toes swiveled left and right heel swiveled right, step right ball forward with toes pointing slightly right and left heel swiveled left (6:00)

5-6-7-8 Step left ball forward with toes pointing slightly left and right heel swiveled right, hold, step right ball forward with toes swiveled right and left heel swiveled left, step left ball forward with toes pointing slightly left and right heel swiveled right (6:00)

Rock, Recover, ¼ Turn, Rock, Recover, ¼ Turn

1-2-3-4 Rock right forward, recover on left, ¼ turn right stepping right to side, hold (9:00)

5-6-7-8 Rock left forward, recover on right, ¼ left stepping left to side, hold (6:00)

****Restart after count 48 on walls 2 and 3.**

Step, Hold, ½ Pivot Turn, Hold, Step, Hold, ½ Pivot Turn Hold

1-2-3-4 Step right forward, hold, ½ pivot turn left, hold (12:00)

5-6-7-8 Step right forward, hold, ½ pivot turn left, hold (6:00)

Dwight Yokams, Step, Touch, Step, Touch

- 1-2-3-4 Touch right toe to left instep while swiveling left heel right, touch right heel to left instep while swiveling left toes right, touch right toes to left instep while swiveling left heel right, touch right heel to instep while swiveling left toes right
- 5-6-7-8 Step right to side, touch left beside right, step left to side, touch right beside left

REPEAT

Ending: On Wall 9, dance through count 44. You will be facing 9:00. Then step left forward (45), ¼ turn right taking weight to right (46), cross left over right (47), hold and strike a pose (48)!
