Shake That Bass



编舞者: Felicia Harris Jones (USA) - April 2014 音乐: All About That Bass - Meghan Trainor



Alt. Music: The Shake by Neal McCoy

*Dance was originally choreographed for The Shake.

Shuffle side, Back rock, Shuffle side, Back rock, ¼ turn

Step left to side, right next to left, left to side
Rock back on the right, recover to the left
Step right to side, left next to right, right to side

7,8 Rock back on the left making a ¼ turn to the left, recover to the right (9:00)

Shuffle forward, Pivot half turn x2

1&2 Shuffle forward left, right, left

3,4 Step forward on right, ½ turn left (weight on left) (3:00)

5&6 Shuffle forward right, left, right

7&8 Step forward on left, ½ turn right (weight on right) (9:00)

Grapevine Left, touch, Grapevine right, ¼ turn, Brush

1,2,3,4 Step left to side, right behind left, step left to side, touch right next to left 5,6,7,8 Step right to side, left behind right, right ½ turn, brush left forward (12:00)

Hip Bumps forward, Hip bumps Back, Hip rolls 1/4 turn

1&2 step forward on left while bumping left hip forward twice

3&4 bump right hip back twice

5,6,7,8 ½ turn right rolling hips (weight ends on right) (3:00)

REPEAT! (No Tags, No Restarts)

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