

# Shake It Off - Contra

拍數: 64      牆數: 0      級數: Improver Contra  
編舞者: Inge Vestergård (DK) - May 2015  
音樂: Shake It Off - Taylor Swift : (iTunes)



**Intro: 16 count intro ( 6 sec. Into track). Start with weight on L foot, facing each other 2 & 2**

**S1: Wine R with ¼ Turn R, Scuff, Wine L with ¼ Turn L, Scuff**

- 1 – 4      Step R to R side, Cross L behind R, turn ¼ R stepping fwd on R, Scuff L fwd.
- 5 – 8      Step L to L side, Cross R behind L, turn ¼ L stepping fwd on L, Scuff R fwd.

**S2: R Rocking Chair, Step R Fwd, ¼ Turn L, Stomp R beside L, Clap (Now Facing Your Partner)**

- 1 – 4      Rock R fwd, Recover L, Rock R back, Recover L.
- 5 – 8      Step fwd R, ¼ turn L weight end on L, Stomp R beside L, Clap both hands.

**S3: 2 Clap Theighs, 2 Clap hands, Clap Hands with Your Partner**

- 1 – 2      Clap Your Theighs Swinging your Arms back, Clap Your Theighs Swinging your Arms fwd.
- 3 – 4      Clap your Hands Twice.
- 5 – 6      Clap Your Partners R hand with your R Hand, Clap Your own hands.
- 7 – 8      Clap Your Partners L hand with your L Hand, Clap Your own hands.

**S4: Diagonal Fwd R, Together, Diagonal Fwd R, Tap, Diagonal Fwd L, Together, Diagonal Fwd L, Tap,**

- 1 – 4      Step diagonal fwd R, close L to R, Step diagonal fwd R, Tap L next to R.
- 5 – 8      Step diagonal fwd L, close R to L, Step diagonal fwd L, Tap R next to L.

**\* Add Bridge here on wall 7. See below for info. \*\* Ending here on wall 9. See below for info**

**S5: Wine R, ( Option – Rolling Wine R ) Twist L Heels – Feet – Heels, Hitch R To R Diagonal**

- 1 – 4      Step R to R side, Cross L behind R, Step R to R side, Step L beside R.(option R Rolling Wine)
- 5 – 8      Twist both Heels L, Twist both Feet L, Twist both Heels L, Hitch R Knee facing R diagonal.

**S6: Reverse Rocking Chair, Step ½ Turn To Diagonal (Now Facing Your Partner)**

- 1 – 4      Rock back R, Recover L, Rock fwd R, Recover L,
- 5 – 8      Rock Back R, Recover L, Step R Fwd, ½ Pivot L – weight on L

**S7: Make 1 1/8 Circle clockwise as You Hook Your R Arm with Your Partners R Arm (Facing Your Partner)**

- 1 – 8      Cross in front of your partner and hook your R arms as you run 1 1/8 circle clockwise R-L-R-L-R-L-R-L.

**(You will now be standing on the opposite place, as when you started the dance)**

**S8: Run Back R – L – R, Hold, L Coaster**

- 1 – 4      Run back R – L – R, Hold
- 5 – 8      Step L back, Step R beside L, Step L fwd, Touch R beside L

**\* Bridge after the diagonal on wall 7. Stand in place for 8 counts and shake your body, and then continue the dance.**

**\*\* Ending after the diagonal on wall 9. Both makes ¼ turn to front stepping R to R side and everyone shakes there body on the last count.**

**Contact: Inge Vestergård – mail: [ingevestergaard56@gmail.com](mailto:ingevestergaard56@gmail.com)**