Shake Your Bacon (aka The Witch Dance)

牆數: 1

COPPER KNOB

拍數: 112

級數: High Beginner

編舞者: Unknown - April 2016

音樂: Schüttle deinen Speck (Shake Your Bacon) by Peter Fox

This dance was performed at the WALPURGISNACHT Apr 30, 2016, Mount Broken, Germany If anyone knows who the choreographer is, and also the correct name of the dance, please let me know. Thank you, alvieaguilar@gmail.com

S1 [1-8] SHUFFLES WITH HIP BUMPS OR SHOULDER SHIMMIES OR BOTH - PLACE BROOM UPRIGHT, HOLDING WITH ONE HAND, DANCE HALF WAY AROUND BROOM TO 6:00.

- 1 & 2 Step R forward, Step L next to R, step R forward, with hips R, L R
- 3 & 4 Step L forward, Step R next to L, Step L forward, with hips L,R,L
- 5 & 6 Step R forward, Step L next to R, step R forward, with hips R, L R
- 7 & 8 Step L forward, Step R next to L, Step L forward, with hips L,R,L

S2 [9-16] REPEAT S1 - DO THIS AROUND THE OTHER HALF OF BROOM TO 12:00

S3 [17-24] RIGHT & LEFT FORWARD DIAGONAL SHUFFLES, HOLD BROOM WITH BOTH HANDS

- 1 & 2 Step R forward, Step L next to R, step R forward, holding broom low [1:30]
- 3 & 4 Step L forward, Step R next to L, Step L forward, holding broom high
- 5 & 6 Step R forward, Step L next to R, step R forward, holding broom low
- 7 & 8 Step L forward, Step R next to L, Step L forward, holding broom high

S4 [25-32] RIGHT & LEFT BACK DIAGONAL SHUFFLES, HOLD BROOM WITH BOTH HANDS

- 1 & 2 Step R back, Step L next to R, step R back, holding broom low
- 3 & 4 Step L back, Step R next to L, Step L back, holding broom high
- 5 & 6 Step R back, Step L next to R, step R back, holding broom low
- 7 & 8 Step L back, Step R next to L, Step L next to R, holding broom high [end at 12:00]
- S5 [33-40] REPEAT S3 (Step R diagonally left to start forward shuffle at 10:30)
- S6 [41-48] REPEAT S4 End back shuffles at 12:00

S7 [49-56] LINDI RIGHT, LINDI LEFT - PLACE BROOM UPRIGHT AGAIN

- 1&2 Chasse Right; Step R to right, step L next to R, step R to right
- 3-4 Back rock recover; Step Left behind R, recover R (for style, almost make a half turn back on the back rocks for both right & left Lindis)
- 5&6 Chasse Left; Step L to left, step R next to L, step L to left
- 7-8 Back rock recover; Step Right behind L, recover L

S8 [57-64] REPEAT S7

*S9 [65-72] CHASSE, TOUCH FWD W/ HIP BUMP (SEE MY ALTERNATE OPTION BELOW)

- 1&2 Chasse right, R L R
- 3 Touch L forward with hip bump
- 4&5 Bring L back to start chasse, L R L
- 6 Touch R forward with hip bump
- 7&8 Bring R back to start chasse, R L R

*S10 [73-80] TOUCH FWD W/HIP BUMP, CHASSE (SEE MY ALTERNATE OPTION BELOW)

- 1 Touch L forward with hip bump
- 2&3 Bring L back to start chasse, L R L
- 4 Touch R forward with hip bump
- 5&6 Bring R back to start chasse, R L R
- 7-8 Touch L forward, step L back.

S11 [81-88] STEP R ¼ LEFT, STEP TOGETHER, HIP BUMPS, BROOM REMAINS STANDING UP

- 1-2 Step R ¼ left, Step L next to R [9:00]
- 3&4 Bend knees and bump hips out, in, out
- 5-6 Step R ¼ left, Step L next to R [6:00]
- 7&8 Bend knees and bump hips out, in, out

S12 [89-96] STEP R ¼ LEFT, STEP TOGETHER, HIP BUMPS, 4 STEP ¼ TURN LEFT

- 1-2 Step R ¼ left, Step L next to R [3:00]
- 3&4 Bend knees and bump hips out, in, out
- 5-6 Hold broom up with both hands -Step R 1/8 left, Step L next to R
- 7-8 Step R 1/8 to left, Step L next to right [12:00]

S13 [97-104] REPEAT S11

S14 [105-112] REPEAT S12

REPEAT S1 AND S2 (SHUFFLING AROUND BROOM)

TO END DANCE - After repeating S1 and S2, let your broom fall and do 16 syncopated counts of free style, 1&2, 3&4 etc.. The last 16 syncopated counts are the hand movements. We used to call it "Walk like an Egyptian".

*OPTION FOR S9 & S10 [65-72], [73-80] CHASSE, ROCK FORWARD W/ HIP BUMP, RECOVER

- 1&2 Chasse Right; Step R to right, step L next to R, step R to right
- 3-4 Forward L rock, recover; Step L forward with left hip out, recover R
- 5&6 Chasse Left; Step L to left, step R next to L, step L to left
- 7-8 Forward R rock, recover; Step R forward with right hip out, recover L

My class will do the alternate option for S9 & S10

Submitted and Sponsored by - Alvie Aguilar: alvieaguilar@gmail.com

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