

Shake It Up

拍數: 48 牆數: 2 級數: Newcomer +
編舞者: Karine Moya (FR) - November 2017
音樂: Shake It Up - Ringo Starr : (Album: Give More Love)



Intro : 16 Temps
Options just for FUN

Section 1 : (DIAGONALY) : STEP FWD, TOUCH (CLAP), STEP BACK, TOUCH (CLAP), ¼ TURN LEFT STEP BACK, TOUCH (CLAP), STEP FWD, TOUCH (CLAP)

- 1 2 Step R diagonal R fwd, Touch L next to R & clap (1h30)
- 3 4 Step L back diagonal L back , Touch R next to L & clap
- 5 6 ¼ turn L Step R diagonal R back, Touch L next to R & clap (10h30)
- 7 8 Step L diagonal L forward (7), Touch R next to L & clap (8)

Option section 1 : Shimmy Shoulders : Walls 4, 8 & 9 no Claps

Section 2 : DIAGONALY STEP, HOLD, ½ TURNING SWIVEL

- 1 2 Diagonaly Step forward on right foot, Hold (1h30)
- 3 Swivel both heels to the right, turning a ¼ to the left (bend knees at the same time) (10h30)
- 4 Swivel both heels to the left, turning 1/8 to the right (while straightening legs) (12h)
- 5 Swivel both heels to the right, turning a 3/8 to the left (bend knees at the same time) (7h30)
- 6 Swivel both heels to the left, turning 1/4 to the right (while straightening legs) (10h30)
- 7 Swivel both heels to the right, turning 3/8 to the left (bend knees at the same time) (6h00)
- 8 Swivel both heels to the left, turning 1/8 to the right (while straightening legs) (7h30)(Weight on RF)

Option : Wall 7, raise your arms to the side shaking your palms during 6 counts

Section 3 : STRUTTING JAZZ BOX CROSS,

- 1 2 Touch L Toe over RF, Drop L Heel
- 3 4 Touch R Toe back, Drop R Heel
- 5 6 Touch L Toe to the L side , Drop L Heel
- 7 8 Touch R Toe over L, Drop R Heel

Option : Shimmy Shoulders : Walls 4, 8 & 9 during the Jazzbox

Section 4 : (DIAGONALY SIDE TOE STRUT , CROSS TOE STRUT) X2 WITH SNAPPING FINGERS DOWN DIAGONALY

- 1-2 1/8 turn R Touch L Toe to the L side , Drop L Heel (Snap fingers diagonally R down)
- 3 4 Touch R Toe over L, Drop R Heel (Snap fingers diagonally R down)
- 5 6 Touch L Toe to the L side , Drop L Heel (Snap fingers diagonally R down)
- 7 8 Touch R Toe over L, Drop R Heel (Snap fingers diagonally R down)

Option : Wall 7 ,Climb the 2 arms in the air on the accounts 3 and 7 and down on the accounts 4 and 8

Section 5: KICK, BEHIND SIDE CROSS, KICK,BEHIND SIDE SIDE

- 1 2 3 4 LF Kick diagonal L Fwd, LF Cross Behind RF, RF Step to the R side, LF Cross over RF
- 5 6 7 8 RF Kick diagonal R Fwd, RF Cross Behind LF, LF Step to the L side, RF Step to the R side

Section 6: CCW HIP BUMPS (L, BACK , R) TOGETHER, SYNCOPATED SPLIT (Out Out In In)

- 1 2 3 4 Hip bump L, Hip bump back, Hip bump R, Together
- &5&6 Step ball of R to R side (Out), Step ball of L to L side (Out), Step ball of R in place (In), Step ball of L in place (In)
- &7&8 Step ball of R to R side (Out), Step ball of L to L side (Out), Step ball of R in place (In), Step ball of L in place (In)(Weight LF)

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