

Shake It Off

拍數: 64 牆數: 2 級數: Improver
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音樂: Shake It Off - Taylor Swift



This is a fun dance where it's important that you use your hands and body to "shake it off" as much as possible and have fun while doing it! I explain the hand and body movements in detail below.

Restart in wall 2 and 5 after 32 counts

Tag (8 counts: hip bumps right and left) and Restart in wall 8 after 32 counts

Intro 16 counts, BPM 160

Section 1: Bouncing steps forward with shifting weights to RF and LF lifting your arm and shaking your hand at the same time

- 1,2 RF bouncing step forward (weight on RF) with right arm lifted, right hand shaking and LF touch beside RF
- 3,4 LF bouncing step forward (weight on LF) with left arm lifted, left hand shaking and RF touch beside LF
- 5,6 RF bouncing step forward (weight on RF) with right arm lifted, right hand shaking and LF touch beside RF
- 7,8 LF bouncing step forward (weight on LF) with left arm lifted, left hand shaking and RF touch beside LF

Section 2: Side steps right and left with shaking of your hands to the right and to the left

- 1 RF step right
- 2 LF step beside RF
- 3 RF step right
- 4 LF touch beside RF
- 5 LF step left and shake both your hands one time to the right
- 6 RF touch beside LF and shake both your hands one more time to the right
- 7 RF step right and shake both your hands one time to the left
- 8 LF touch beside RF and shake both your hands one more time to the left

Section 3: Side steps left and right ending with clapping your hands to the right and to the left

- 1 LF step left
- 2 RF step left
- 3 LF step left
- 4 RF touch beside LF
- 5 RF step right
- 6 LF touch beside RF and clap to the right
- 7 LF step left
- 8 RF touch beside LF and clap to the left

Section 4: Paddle turn ½ left, long sliding step right and left while you're lifting your arms pointing left and right

- 1 RF step forward
- 2 Paddle turn ¼ left
- 3 RF step forward
- 4 Paddle turn ¼ left
- 5 RF long sliding step right while you lift both your arms and point to the left
- 6 LF touch beside RF still pointing your arms to the left
- 7 LF long sliding step left while you lift both your arms and point to the right
- 8 RF touch beside LF still pointing your arms to the right

Section 5: Heel and toe swivel steps right ending with weight change and touch and brushing off both your shoulders

- 1 Twist RF and LF heel right
- 2 Twist RF and LF toe right
- 3 Twist RF and LF heel right
- 4 Hold
- 5,6 LF bouncing step left (weight on LF), RF touch beside LF, brushing left shoulder off x 2
- 7,8 RF bouncing step right (weight on RF), LF touch beside RF, brushing right shoulder off x 2

Section 6: Heel and toe swivel steps left ending with weight change and touch and brushing off both your shoulders

- 1 Twist RF and LF heel left
- 2 Twist RF and LF toe left
- 3 Twist RF and LF heel left
- 4 Hold
- 5,6 RF bouncing step right (weight on RF), LF touch beside RF, brushing right shoulder off x 2
- 7,8 LF bouncing step left (weight on LF), RF touch beside LF, brushing left shoulder off x 2

Section 7: Step forward while you slightly bend forward and do shimmies (shake your shoulders and chest) at the same time and then step back slightly leaning back and do shimmies

- 1-4 RF step forward while you slightly bend forward and do shimmies (shake your shoulders and chest)
- 5-8 RF step back while you slightly lean back and do shimmies

Section 8: Step forward while you slightly bend forward and do shimmies (shake your shoulders and chest) at the same time and then step back slightly leaning back and do shimmies

- 1-4 RF step forward while you slightly bend forward and do shimmies (shake your shoulders and chest)
- 5-8 RF step back while you slightly lean back and do shimmies

Have fun with all the shaking off!!
