

Shake Your Cake

拍數: 32 牆數: 4 級數: Improver
編舞者: Amy Glass (USA) & Cody Flowers (USA) - April 2022
音樂: Next (Bruno Martini Remix) - Olivia Holt & Bruno Martini



Dance starts 32 counts in.

[1-8] Hip Rolls w/ Bumps (x2), Side-Together, Shuffle Forward

1 2 Step RF to right while rolling hips from L to R, Bump L hip up L (12:00)
3 4 Roll hips from R to L transferring weight to LF, Bump R hip up R (12:00)
5 6 Step RF to right side, Step LF beside RF (12:00)
7&8 Step RF forward, Step LF beside RF, Step RF forward (12:00)

[9-16] Side-Together, Shuffle Back, Walk Back (x2), Rock Back-Recover

1 2 Step LF to left side, Step RF beside LF (12:00)
3&4 Step back on LF, Step RF beside LF, Step back on LF (12:00)
5 6 Step back on RF, Step back on LF (12:00)
7 8 Rock back on RF, Recover weight on LF (12:00)

Restart On Wall 7 after 16 counts facing 6:00.

[17-24] Side Rock-Recover, Crossing Shuffle, Side, ¼, Crossing Shuffle

1 2 Rock RF to right, Recover weight on LF (12:00)
3&4 Cross RF over LF, Step LF to left, Cross RF over LF (12:00)
5 6 Step LF to left, ¼ Turn right stepping RF to right side (3:00)
7&8 Cross LF over RF, Step RF to right, Cross LF over RF (3:00)

[25-32] Point, Hold, & Point, Hold, Heel (x2), Step Pivot ½

1 2 Point Right Toes to right, Hold (3:00)
&3 4 Step RF beside LF, Point Left toes to left, Hold (3:00)
&5&6 Step LF beside RF, Touch Right Heel forward, Step RF beside LF, Touch Left Heel forward (3:00)
&7 8 Step LF beside RF, Step forward on RF, Pivot ½ Turn left putting weight on LF (9:00)

Begin the Dance Again!

amyleeanne@gmail.com
dancewithcody@gmail.com | dancewithcody.com