Shaking It Up!

拍數: 32

級數: Improver

編舞者: Terry Pournelle (USA) & Connie Kern (USA) - August 2023

音樂: Might As Well Be Me - Brothers Osborne

#16 Count Intro - 1 Easy Restart - 1 Tiny Tag

LUNGE, SHAKE/SHIMMY, TRIPLE LEFT, ¼ TURN, WALK, WALK

- Press right to right diagonal (Lunge), bending knees, shake/shimmy, step right beside left 1-4
- 5&6 Step left to left side, step right together, turning 1/4 left, step left (9:00)
- 7-8 Walk right, walk left

LOCK FORWARD, ROCK RECOVER CROSS, LOCK BACK, TRIPLE LEFT

- 1&2 Step forward right, lock step left slightly behind right, step right forward
- 3&4 Rock left to side, step right, cross left over right
- 5&6 Step right back, step left across right, step right back
- 7&8 Step left to left side, step right together, step left to left side

RESTART HERE ON WALL 3 AFTER 16 COUNTS (3:00)

SCUFF, STEP, SWIVEL HEEL, SAILOR, SAILOR

- 1-2 Scuff right forward, step on the ball of the right (slightly forward)
- 3&4 Swivel right heel out-in-out (weight is on the left foot for counts 1-4)
- 5&6 Step R behind L, step L in place, step R to side (Sailor Step)
- 7&8 Step L behind R, Step R in place, step L to side (Sailor Step)

2x ½ PIVOTS, OUT, OUT, CIRCLE HIPS

- Step R forward, Pivot 1/2 left with weight on L (3:00) 1-2
- 3-4 Step R forward, Pivot 1/2 left with weight on L (9:00)
- 5-6 Step R out, Step L out (feet about shoulder width apart)
- 7-8 Circle hips counterclockwise starting from left - finish with weight on L

TAG HERE ON WALL 8 (3:00)

TAG-

1-2 Circle hips counterclockwise starting from left - finish with weight on L

START AGAIN

ENJOY!!!

dancinterry2003@yahoo.com connie@cckreative.com





牆數:4