Swiftie Shakes

級數: Improver



音樂: Shake It Off - Taylor Swift

Intro: 16 cts

Restart: After 32 cts of wall 3, restart wall 4 at 12:00 Bridge: During wall 7, after the first 4 cts of section 8.

Section 1: Toe Struts travelling to L side, Jazz Box Cross

R toe touch across LF (1), step down RF (2), L toe touch to L side (3), step down LF (4) 1-4 5-8 Cross RF over L (5), step LF back (6), step RF to side (7), cross LF over R (8)

Section 2: Side Touches, Side Together 1/4 R turn Brush

Step RF to side (1), touch LF beside R (2), step LF to side (3), touch RF beside L (4) 1-4 5-8 Step RF to side (5), step LF next to RF (6), ¼ turn R stepping RF fwd (7), brush LF fwd (8)

Section 3: Toe Struts travelling to R side, Jazz Box Cross

1-4 L toe touch across RF (1), step down LF (2), R toe touch to R side (3), step down RF (4) 5-8 Cross LF over R (5), step RF back (6), step LF to side (7), cross RF over L (8)

Section 4: Side Touches, Side Together ¼ L turn Brush

- Step LF to side (1), touch RF beside L (2), step RF to side (3), touch LF beside R (4) 1-4
- Step LF to side (5), step RF next to LF (6), ¼ turn L stepping LF fwd (7), brush RF fwd (8) 5-8

*Restart: After section 4 of wall 3.

Section 5: R mambo, Hold, L mambo, Hold

- 1-4 Rock RF fwd (1), recover on LF (2), step back on RF (3), hold (4)
- 5-6 Rock LF backward (5), recover on RF (6), step LF fwd (7), hold (8)

Section 6: Pivot 1/2 L, Walk R L, Swivel R heel toward LF, Hitch R

- 1-4 Step RF fwd (1), pivot ½ L recover on LF (2), step RF fwd (3), step LF fwd slight bigger step and face R diagonal (4)
- 5-6 Swivel R heel in towards LF (5), swivel R toe in towards LF (6), swivel R heel in towards LF (7), hitch R (8)

Section 7: R Diagonal Back, touch L, L Diagonal back, touch R, Lindy step to R

- Step RF diagonally backwards (1), touch LF next to RF (2), step LF diagonally backwards 1-4 (3), touch RF next to LF (4)
- 5&6 Step RF to side (5), step LF next to R (&), step RF to side (6)
- 7 8 Rock LF backwards (7), recover on RF (8)

Section 8: Lindy step to L, Swivel RLR, Flick R

- 1&2 Step LF to side (1), step RF next to L (&), step LF to side (2)
- 3 4Rock RF backwards (3), recover on LF (4)

*Bridge: During wall 7, you will face 12:00 to below 8cts.

Step RF to side (5), swivel heels to R (6), swivel heels to L (7), swivel heels to R and flick RF 5-8 to side (8)

Bridge: 8 cts

- 1 4 Bump hips to R (1), hold (2), bump hips to L (3), hold (4)
- 5 6repeat 1-4

Enjoy!





牆數:2