

Spring Break Shake

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: John Robinson (USA) - 25 April 2025
音樂: Spring Break Shake - Starbuck : (iTunes, amazon.com, amazon.co.uk, amazon.de)



Intro: 24 counts (about 13 seconds).

Sequence: 32, 40, 32, 40, 32+4, 32, 32+8+8+8, 32. After 2nd and 4th reps, repeat last 8. After 5th rep, add 4-count "stanky leg." After 7th rep, repeat last 8 three more times to match repeated "Do the Spring Break Shake" vocal, turning the 2nd sailor step 1/4 left each time. Final repetition will end facing 12:00.

SECTION 1. WALK, WALK, "C" BUMP, 1/2 PIVOT R, ROCK & PUSH

1,2 Step R forward (1); Step L forward (2)
3&4 Touch R forward bumping hips up right (3); Return hips to center (&); Bump hips down right taking weight (4)
5,6 Step L forward (5); Turn 1/2 right (6:00) placing weight R (6)
7&8 Rock L forward (7); Recover R (&); Step L beside R pushing hips back (8)

SECTION 2. WALK, WALK, QUICK SIDE ROCK, CROSS, QUARTER, QUARTER, PADDLE 1/4

1,2 Step R forward (1); Step L forward (2)
&3,4 Quickly rock R side right (&); Recover L (3); Step R across L (4)
5,6 Turn 1/4 right (9:00) stepping L back (5); Turn 1/4 right (12:00) stepping R side right (6)
7&8 Push off ball of L turning 1/8 right (7); Raise L slightly (&); Push off ball of L turning 1/8 right (8) (now facing 3:00)

SECTION 3. VAUDEVILLE, WEAWE L w/DROP, TURN 1/4, 1/2, COASTER STEP

1&2 Step L across R (1); Step R side right/slightly back (&); Tap L heel diagonally forward toward L corner (1:30) (2)
&3&4 Step L slightly back (&); Step R across L (3); Step L side left (&); Step R behind L bending knees into slight squat while snapping hands (click fingers) out to sides (4)
5,6 Turn 1/4 left stepping L forward (straightening knees) (5); Turn 1/2 left stepping R back (6)
7&8 Step L back (7); Step R beside L (&); Step L forward (8)

SECTION 4. DIAGONAL STEP, SLIDE, SHAKE LEFT, SAILOR R, SAILOR L

1,2 Step R diagonally forward toward R corner (7:30) (1); Slide L beside R keeping weight R (2)
3&4 Touch L side left shaking hips L (3); Shake hips R (&); Shake hips L taking weight L (4)
5&6 Step R behind L (5); Step L side left (&); Step R forward (6)
7&8 Step L behind R (7); Step R side right (&); Step L forward (8)

After repetitions 2 & 4, repeat this final section once. After repetition 7, repeat this section three times as explained below.

Begin again and enjoy!

"STANKY LEG" TAG (after 5th repetition, facing 6:00):

1&2 Knees slightly bent, slide R out side right (1); Slide R in towards L (&); Slide R out side right (2)
&3,4 Slide R in towards L (&); Slide R out side right (3); Jump in place landing feet together, weight L (4)

~7TH REP w/EXTRA 8s:

During the 7th repetition, you'll dance Section 4 (the last 8 counts) a total of four times.

Turn the second sailor 1/4 left each time, to make a full revolution over your left shoulder in 32 counts.

(You'll be facing 6:00 when this begins and finish at 6:00 to then start the final repetition of the entire routine.)

