

Love Shake

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Karen Bleuer (USA) & Andee Bleuer
音樂: Love Shack - The B-52's



STEP TOUCHES, SYNCOPATED ROCK STEPS

1-4 Step right to right, touch left beside right, step left to left, touch right beside left
Option: swivel left heel to left as you step right, swivel right heel to right as you step left
5-6 Rock right to right, recover weight left, rock right to right (weight is right)
7-8 Rock left to left, recover weight right, rock left to left (weight is left)
Option: swivel heel out as you rock to the side

BASIC STEP TOGETHER RIGHT, PADDLE TURNS LEFT

1-4 Step right to right, step left beside right, step right to right, step left beside right
Option: swivel heel out as you step right to right (your body will naturally turn angle right as you step right)
5-8 Step right forward, pivot ¼ turn left stepping weight onto left, repeat one time
Option: circle hips to the left as you turn

SYNCOPATED RIGHT VINE, ¼ PIVOT LEFT-HOLD, HIP BUMPS

1-2&3-4 Step right to right, step left behind right, step right to right, step left in front of right, step right to right
Easy option: step right to right, step left behind right, step right to right, hold for one count
5-6 Pivot ¼ turn left, hold for one count
7-8 Bump hips left - right
Body roll option: two-count body roll

SHOULDER SHIMMY, TOE STRUTS FORWARD

1-4 Shimmy shoulders as you bend at the waist (1-2) and straighten up (3-4) sliding left beside right (weight is left)
Option: make your shoulder movement more defined by counting down 1&2, up 3&4
5-8 Step right toe slightly forward, step down on right heel, step left toe slightly forward, step down on left heel
Option: bounce as you step on toes

REPEAT