

# Shake

拍數: 48      牆數: 4      級數: Improver  
編舞者: Joyce Heist (USA)  
音樂: The Shake - Neal McCoy



## HEEL DIG, ROCK BACK & RECOVER

- 1 With right toe pointing inward (to left), stomp forward with heel (heel dig), lift left foot off floor
- 2 With right toe in air fan toe outward (to right), put left foot back on floor (weight on left)
- 3 Step (rock) right foot back, lift left foot slightly off floor
- 4 Lower left foot back to floor (weight on left)
- 5-8 Repeat 1-4

## STOMP, FAN OUT, FAN IN, STOMP

- 1 Stomp right next to left (weight on left)
- 2 Fan right toe outward
- 3 Fan right toe back to center
- 4 Stomp right foot (weight on right)
- 5-8 Repeat with left foot

## STEP, SLIDE, STEP, SLIDE

- 1 Step right foot forward diagonally (1:00)
- 2 Slide left foot up to right foot
- 3 Step right foot forward diagonally (1:00)
- 4 Slide left foot up to right foot

## HEEL SWIVELS, RIGHT, LEFT, RIGHT, CENTER

With weight on balls of both feet & knees slightly bent

- 5 Swivel both heels to right
- 6 Swivel both heels to left
- 7 Swivel both heels to right
- 8 Swivel both heels to center (weight on right foot)

## STEP, SLIDE, STEP, SLIDE

- 1 Step left foot back diagonally (7:00)
- 2 Slide right foot back to left foot
- 3 Step left foot back diagonally (7:00)
- 4 Slide right foot back to left foot

## HEEL SWIVELS, LEFT, RIGHT, LEFT, CENTER

With weight on balls of both feet & knees slightly bent

- 5 Swivel both heels to left
- 6 Swivel both heels to right
- 7 Swivel both heels to left
- 8 Swivel both heels to center (weight on right foot)

## SIDE STEP, SHIMMY, TOGETHER, CLAP

- 1 Step left foot to left side, bend knees
- 2 Shimmy shoulders (or whatever you desire to shimmy)
- 3 Slide right foot over to left foot
- 4 Straighten knees & clap hands
- 5-8 Repeat with right foot to right side

### **ROCK FORWARD, RECOVER, ROCK BACK, RECOVER**

- 1 Step (rock) right foot forward, lift left foot slightly off floor
- 2 Lower left foot back to floor
- 3 Step (rock) right foot back, lift left foot slightly off floor
- 4 Lower left foot back to floor

### **STEP, PIVOT, STOMP, STOMP**

- 5 Step right foot forward
- 6 Pivot (on balls of both feet)  $\frac{1}{4}$  turn to left (weight on left foot)
- 7 Stomp right foot next to left (weight on right)
- 8 Stomp left foot next to right (weight on left)

### **REPEAT**

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