

The Shake

拍數: 64 牆數: 2 級數:
編舞者: The Buffalo Girls
音樂: The Shake - Neal McCoy



The Buffalo Girls are Kelly, Lisa, Debbie, and Toni

- 1-4 Step left to left turning body 45 degrees right from front with weight on left and shimmy shoulders for 3 beats and clap on the 4th beat
- 5-8 Swivel heels right, turning body 45 degrees left from front with weight on right and shimmy shoulders for 3 beats and clap on the 4th beat
- 9 Step onto left on the spot swinging right hand to the right
- 10 Click fingers of right hand while looking right
- 11 Step right behind left swinging right hand across body to left
- 12 Click fingers of right hand while looking left
- 13 Step left to left swinging right hand to the right
- 14 Click fingers of right hand while looking right
- 15 Step right behind left swinging right hand across body to left
- 16 Click fingers of right hand while looking left
- 17-20 Long step right to right with hands on thighs and bending knees and shimmying for first 3 beats as weight is transferred onto right foot, on 4th beat bring left to right, straighten and clap
- 21-24 Long step left to left with hands on thighs and bending knees and shimmying for first 3 beats as weight is transferred onto left foot on 4th beat bring right to left, straighten and clap
- 25-26 While shimmying-rock forward onto right, hold
- 27-28 Pivot ½ turn to the right stepping forward onto right, clap
- 29-30 While shimmying-rock forward onto left, hold
- 31-32 Step left together, clap
- 33-34 Strut forward right, stepping heel, toe
- 35-36 Strut forward left, stepping heel, toe
- 37-38 Rock back onto right, rock forward onto left
- 39-40 Strut forward right stepping heel, toe
- 41-42 Strut forward left, stepping heel, toe
- 43-44 Rock back onto right, rock forward onto left

THE NEXT 8 BEAT SEQUENCE RESULTS IN A ¾ TURN

- 45-46 Step right to side bumping hips right, transfer weight back onto left bumping hips left (no change of direction)
- 47-48 Step right toe to side, paddle and pivoting ¼ turn to the left
- 49-50 Step right toe to side, paddle and pivoting ¼ turn to the left
- 51-52 Step right toe to side, paddle and pivoting ¼ turn to the left
- 53-54 Step right to side, step left behind
- 55-56 Turn ¼ turn to the right stepping right forward, scuff left through turning ¼ turn to the right
- 57-60 Bump hips twice to left, bump hips twice to right
- 61-64 Touch left behind right, unwind ¾ turn to the left

65-68

Stomp right beside left, clap

REPEAT
