

The Shake

拍數: 64 牆數: 2 級數: Improver
編舞者: "Hillbilly" Rick (USA), Denise Reynolds & David Hoyn (AUS)
音樂: The Shake - Ronnie Beard



- 1-4 Step left out & forward a little & bump hips to left 4 times while pointing to left
5-8 Bump hips to right 4 times while pointing to the right
- 1-4 Step back left toe/heel, step back right toe/heel
5-8 Hop backwards 4 times on both feet
Option: step back left toe/heel, step back right toe/heel
- 1-4 Big step sideways to left, while sliding right over to left make some funky chicken arms
5-8 Big step to right, while sliding left over to right get down low & wiggle
- 1-4 Step right forward a little & bend over & shimmy shoulders - as you come back up
5-6 Cross right over left & make a full turn to left on balls of your feet
7-8 Open hands out
- 1-4 Facing forward but moving to right, step right toe heel, cross step left over right toe heel
5&6 Right side shuffle right-left-right
7-8 Rock step back on left, rock forward & step in place on to right
- 1-4 Facing forward but moving to left, step left toe heel, cross step right over left toe heel
5&6 Left side shuffle left-right-left
7-8 Rock step back on right, rock forward & step in place on left
- 1&2 Heel switches (right heel out, bring right back in, left heel out)
&3-4& Bring left back in, step forward on right, make ¼ turn left
5&6 Heel switches (right heel out, bring right back in, left heel out)
&7-8& Bring left back in, step forward on right, make ¼ turn left
- 1-2 Step forward on right, hold
&3-4 Slide left up next to right, slide step right forward, hold
&5-6 Slide left up next to right, slide step right forward, hold
&7& Slide left up next to right, slide step right forward
&8& Slide left up next to right, slide step right forward

REPEAT
