

Shake It Up!

拍數: 32 牆數: 4 級數: Intermediate
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音樂: Yassou Maria - Sarbel : (Album: Eurovision Song Contest 07 Compilation)



16 Count Intro?

Section 1 **Toe Struts (With Shimmy?s), Step Forward, Forward Rock, ½ Turn Right, Lock Step Forward.**

- 1& Touch right toe forward, drop heel down.
2& Touch left toe forward, drop heel down.
3& Touch right toe forward, drop heel down.
Note: DURING these toe struts, SHIMMY shoulders.
4 Step forward on left.
5&6 Rock forward on right, recover weight back onto left, make a half turn right stepping forward on right.
7&8 Step forward on left, lock right behind left, step forward on left.

Section 2 **Full Triple Turn Left, Mambo Rocks, Paddle ¾ Turn Right.**

- 1&2 Make a half turn left stepping back on right, make a half turn left stepping forward on left, step forward on right.
3&4 Rock forward on left (bending left knee slightly), recover weight back onto right, close left beside right.
5&6& Rock right to right side, recover weight onto left, close right beside left, make a quarter turn right hitching left knee.
7& Touch left toe to left side, make a half turn right hitching left knee.
8& Touch left toe to left side, hitch left knee.

RESTART: When Dancing WALL 3 on Count 8 Stomp left beside right (putting weight on left) rather than a touch with left then restart dance from Beginning (You will now be facing the 9 o'clock Wall).

Section 3 **Crossing Shuffle & Flick x2, Weave, Close, Toe Touches, Egyptian Style Clap!**

- 1&2 Cross left over right, step right to right side, cross left over right.
& Flick right foot out slightly to right side.
3&4 Cross right over left, step left to left side, cross right over left.
& Flick left foot out slightly to left side.
5&6 Cross left over right, step right to right side, cross left behind right.
&7 Close right beside left, touch left toe to left side.
&8 Close left beside right, touch right toe to right side.
& Take arms out and above head and clap above head so that your hands are in a ?Praying? position.

Section 4 **Side Step, Drag, Ball-Cross, Side Step, Back Rock, Side Step, Triple Full Turn Left.**

- 1-2 Turning to face left corner step right to right side - thus stepping right towards right corner, Drag left up towards right.
Optional Arms & *When dancing counts 1-2 place left hand across in front of body and at the same time Styling: bending right elbow place right hand above head with palm facing up towards ceiling, when dragging also lean upper body a little to the left.*
&3 Place weight onto ball of left, cross right over left (still facing diagonal at this point).
4 Step left to left side straightening up to flat wall again.
5&6 Rock back on right, recover weight forward onto left, step right to right side.
7&8 Make a half turn left stepping forward on left, make a quarter turn left stepping ball of right beside left, make a quarter turn left crossing left slightly over right,
Optional Arms & *When dancing counts 7&8 hold arms out to sides, hands at shoulder height, palms facing Styling: Upwards, also when turning do it with relaxed knees thus making a samba style turn with a little bounce.*

RESTART: when Dancing Wall 3 Restart after 16 counts by stomping left to right on count 16 rather than touching left to left (omit the last hitch) (9 o'clock).

Begin Again.
