

# Shake It Out

拍數: 32      牆數: 4      級數: Improver  
編舞者: Francien Sittrop (NL) - June 2011  
音樂: Shake It Out - Belle Perez : (Single)



**Intro : Start after 8 counts from the beginning**

**[1 – 8] Hip Bumps R, Coaster Step ,Runs fwd x3 , Mambo Step**

1 & 2      Touch R Diag. Fwd and Bump Hips R,L,R (Weight stays on L)  
3 & 4      Step R back, Step L next to R, Step R fwd  
5 & 6      Run small steps fwd L,R,L  
7 & 8      Rock R fwd, Recover on L, Step R back

**[9-16] Coaster step, Rock Recover , ½ R step fwd. ¼ R step side, L mambo with touch**

1 & 2      Step L back, Step R next to L , Step L fwd  
3 & 4      Rock R fwd, Recover on L, ½ Turn R step R fwd (06.00)  
5 & 6      ¼ Turn R rock L to the L side, Recover on R, Step L over R (09.00)  
7 & 8      Rock R to R side(with Hips), Recover on L, Touch R next to L

**\*\*\*\* Restart on walls 2 , 6 , 7**

**[17-24] Samba Step, Lock Step fwd, R Mambo fwd, Sailor ½ turn L**

1 & 2      Cross R over L, Rock L to L side, Recover on R  
3 & 4      Step L fwd, Lock R behind L, Step L fwd  
5 & 6      Rock R fwd, Recover on L, Step R back  
7 & 8      Cross L behind R with ½ Turn L , Step R to R side, Step L to L side (03.00)

**[25-32] Samba Step, Samba ¼ Turn L, Side Hip Bumps, Sailor Stomp ¼ Turn L**

1 & 2      Cross R over L, Rock L to L side, Recover on R  
3 & 4      Cross L over R, ¼ L step R back, Step L fwd (12.00)  
5 & 6      Step R to R side and bump hips R,L,R  
7 & 8      Cross L behind R with ¼ Turn L, Stomp R to R side, Stomp L to the L side (09.00)

**Restart: During walls 2 , 6 , 7 after count 16 , Start again with count 1.**

**Ending: Last wall of the dance ends on the back wall. Then Cross R over L and make ½ Turn L to face the front wall again**

**Have fun and Enjoy**

**Contact - Website: [www.franciensittrop.nl](http://www.franciensittrop.nl)**