

Shake Them Around Me

拍數: 64 牆數: 4 級數: Improver
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音樂: I Like the Way (Radio Edit) - Eddy Wata : (2011)



32 count intro start after the word "Free me" (15 sec)

Sec 1: [1-8] Cross, ¼ Turn R, Back, Touch Fwd, ½ Turn L (Down), (Up) Touch

- 1-2 Cross Rf over Lf, turn ¼ right (3) step Lf back
- 3-4 Step Rf back, touch Lf forward
- 5-6 Turn ½ right (9) (down), (coming up) touch R toe forward weight onto Lf
- 7-8 Turn ½ left (3) (down), (coming up) touch L toe forward weight onto Rf

Note: During The Count 5-8 Shake Your Hands Dry

Sec 2: [9-16] Step Lock, Lock Step Fwd, Merengue Hips 1/4 Turn L, Merengue Hips 1/4 Turn L

- 1-2 Step Lf forward, lock Rf behind Lf (3:00)
- 3&4 Step Lf forward, step Rf behind Lf, step Lf forward weight onto Lf
- 5-6 Turn 1/4 left (12) step Rf to right bump R hip to right, bump L hip to left weight onto Lf
- 7-8 Turn 1/4 left (9) step Rf to right bump R hip to right, bump L hip to left weight onto Lf

Sec 3: [17-24] Cross, Side, Sailor Heel, & Cross, Hold, & Cross, Hold

- 1-2 Cross Rf over Lf, step Lf to the left (9:00)
- 3&4 Step Rf behind Lf, step Lf to the left, touch R heel diagonal forward
- &5-6 Step Rf back in place, cross Lf over Rf, Hold
- &7-8 Step Rf slightly to the right, cross Lf over Rf, Hold (9:00)

Sec 4: [25-32] Hip Bumps R-L, Roll Back On To Heels, ¼ Turn R, Hip Bumps R-L, Roll Back On To Heels

- 1-2 Step Rf to the right bump R hip to right, bump L hip to left weight onto Lf (9)
- 3-4 Roll back on to the heels pushing bottom back, step both feet back in place take weight onto Lf
- 5-6 Turn ¼ right (12) step Rf to the right bump R hip to right, bump L hip to left weight onto Lf
- 7-8 Roll back on to the heels pushing bottom back, step both feet back in place take weight onto Lf (12:00)

Sec 5: [33-40] Cross, ¼ Turn R, Back, Back, Touch, Fwd, Diag Fwd, Sailor Step

- 1-2 Cross Rf over Lf, turn ¼ right (3) step Lf back weight onto Lf
- 3-4 Step Rf back, touch Lf next to Rf weight onto Rf
- 5-6 Step Lf forward, step Rf diagonal forward weight onto Rf
- 7&8 Step Lf behind Rf, step Rf to the right, step Lf forward (3)

Sec 6: [41-48] Point Fwd, Back, Point Back, Unwind ½ L, Merengue Hips 1/4 Turn L, Merengue Hips 1/4 Turn L

- 1-2 Point Rf forward, step Rf back weight onto Rf (3:00)
- 3-4 Point Lf back, unwind ½ left (9) take weight onto Lf
- 5-6 Turn 1/4 left (6) step Rf to right bump R hip to right, bump L hip to left weight onto Lf
- 7-8 Turn 1/4 left (3) step Rf to right bump R hip to right, bump L hip to left weight onto Lf

Sec 7: [49-56] Cross, Hold, Rock with Bottom Push, Recover, Cross, Hold, Rock with Bottom Push, Recover

- 1-2 Cross Rf over Lf, Hold (3:00)
- 3-4 Step Lf diagonal back and push your butt back, recover on Rf
- 5-6 Cross Lf over Rf, Hold
- 7-8 Step Rf diagonal back and push your butt back, recover on Lf (3:00)

Sec 8: [57-64] Heel Grind ¼ Turn R, Back, Hook, ¼ Turn R, Hip Sway L-R, Side, Small Drag

- 1-2 Heel grind with Rf (toes from left to right) turn ¼ right (6), step Lf back weight onto Lf
- 3-4 Step Rf back, Lf hook up across Rf
- 5-6 Turn ¼ right (9) step Lf to the left sway L hip to left, sway R hip to right weight onto Rf
- 7-8 Step Lf to the left, small drag on Rf weight onto Lf (9:00)

Start Again, Enjoy!
