

Shake, Rattle & Roll

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Description : 48 temps, 4 murs, Débutant, Septembre 2017

Musique : Shake, Rattle & Roll by Bill Haley

Intro: 16 count intro start on vocals

S1: SIDE STRUT, CROSS STRUT, SIDE, TOGETHER, FORWARD, HOLD

1-2 Touch right toe out to right side, place heel down

3-4 Cross touch left toe over right, place heel down

5-6 Step right to right side, step left next to right

7-8 Step forward on right, Hold

S2: SIDE STRUT, CROSS STRUT, SIDE, TOGETHER, BACK, HOLD

1-2 Touch left toe to left side, place heel down

3-4 Cross touch right toe over left, place heel down

5-6 Step left to left side, step right next to left

7-8 Step back on left, Hold

S3: STEP, HOLD, ROCK, REC, STEP, HOLD, ROCK REC

1-2 Step right to right side, Hold

3-4 Rock back on left, recover on right

5-6 Step left to left side, Hold

7-8 Rock back on right, recover on left

S4: RUMBA BOX BACK

1-2 Step right to right side, step left next to right

3-4 Step back on right, Hold

5-6 Step left to left side, step right next to left

7-8 Step forward on left, step right next to left

S5: TWIST RIGHT X3, HOLD, TWIST LEFT X3, HOLD

1-2 Twist heels right, toes right

3-4 Twist heels right, Hold/Clap

5-6 Twist heels left, toes left

7-8 Twist heels left, Hold/Clap

S6: HAND BAGS STEP X 4 WITH ¼ TURN

1-2 Step forward on right, touch left next to right

3-4 Step back on left, touch right next to left

5-6 ¼ turn right stepping right to right side, touch left next to right

7-8 Step left to left side, touch right next to left