



SHAKE IT OFF.

INTERMEDIATE
SHAKE IT OFF BY TAYLOR SWIFT
ANGIE JAHANNAULT (NOV 2014)
PHRASÉ : A, B, A, B, B, A, TAG, A, B, A, B, B

PART A

1-8: R VINE, HITCH, 1/4 TURN L, L VINE, HITCH.

1-4 RF side, LF behind, RF side, 1/4 turn R & LF Hith,

5-8 LF side, RF behind, LF side, RF hitch,

9-16: R ROCK SIDE, RECOVER, CROSS, HOLD, 1/4 TURN R, L BACK, R SIDE, L CROSS OVER, HOLD.

1-4 RF Rock side, recover, RF cross over LF, hold,

5-8 1/4 turn R & LF back, RF side, LF cross over RF, hold,

17-24: R HEEL GRIND X2, R ROCK BACK, RECOVER, 1/4 TURN R, R HEEL STRUT.

1-4 RF heel beside LF toe, RF Twist from L to R, LF side (X2),

5-8 RF rock back, recover, 1/4 turn R & RF heel forward, RF down toe,

25-32: 1/4 TURN R, L BACK TOE STURT, 1/4 TURN R, R HEEL STRUT, L TOGETHER, L SWIVEL HEELS, L SWIVEL TOES, L SWIVEL HEELS.

1-4 1/4 turn R & LF toe back, LF down heel, 1/4 turn R & RF heel forward, RF down toe,

5-8 LF beside RF, RF+LF Twist heels L, twist Toes L, twist heels L.

PART B

1-8: L ROCK SIDE, HITCH CROSS OVER, L STEP SIDE, HOLD, L HEEL TWIST R, L TOE TWIST R, R HEEL TWIST L, R TOE TWIST L.

1-4 RF rock side, recover, RF hitch over L, RF step side,

5-8 LF twist heel R, LF twist Toe R, RF twist heel L, RF twist toe L,

9-16: APPLE JACK WITH 1/4 TURN L (X4), R KICK FORWARD, R STEP, L KICK FORWARD, L STEP.

1-4 L Apple Jack with 1/4 turn L,

5-8 RF kick forward, RF step together, LF kick forward, LF step together,

17-24: R HIP BUMP X2, L HIP BUMP X2, STEP 1/4 TURN HIP ROLL X2.

1-4 Hip Bump R 2 times, Hip bump L 2 times,

5-8 LF step forward, 1/4 turn R with hip roll X2,

25-32: JUMP FORWARD (X2), JUMP BACK (X2), R HOP FORWARD, L TOUCH BESIDE, 1/4 TURN L & L HOP SIDE, R TOUCH BESIDE.

1-4 Jump forward on the feet closed 2 times, Jump back on feet closed 2 times,

5-8 RF hop forward, LF touch beside RF, 1/4 turn L & LF hop side, RF touch beside LF.

TAG

WALK CIRCLE, R, HOLD, L, HOLD X2.

1-8 Do a circle on L with RF, Hold, LF, Hold, RF, Hold, LF, Hold.