

Shake It

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Sue Smyth (UK) - February 2015

Musik: The Shake - Neal McCoy



#16 count intro after heavy beat

*2 very easy box Tags on 12 o'clock

SEC 1: □ SWIVEL LEFT, RIGHT, LEFT CLAP, TRAVELLING LEFT, SWIVEL RIGHT, LEFT, RIGHT CLAP TRAVELLING RIGHT.

- 1-2 Swivel Heels Left, Swivel Toes Left
- 3-4 Swivel Heels Left, Clap
- 5-6 Swivel Heels Right, Swivel Toes Right
- 7-8 Swivel Heels Right, Clap

SEC 2: □ LEFT LOCK LEFT SCUFF, RIGHT LOCK RIGHT SCUFF

- 1-2 Step Fwd On Left, Lock Right Behind Left,
- 3-4 Step Fwd On Left, Scuff Right Foot Fwd
- 5-6 Step Fwd On Right, Lock Left Behind Right
- 7-8 Step Fwd On Right, Scuff Left Foot Fwd

SEC 3: □ STEP PIVOT ¼ TURN RIGHT, STOMP LEFT, KICK LEFT, WALK BACK ON L R L, STOMP R

- 1-2 Step Fwd On Left, Pivot ¼ Turn Right, Placing Weight On Right
- 3-4 Stomp Left Foot Beside Right, Kick Left Foot Fwd
- 5-6 Walk Back On Left, Right,
- 7-8 Walk Back On Left, Stomp Right Beside Left

SEC 4: □ HIP SWAYS R L R L WALK FWD ON R L R STOMP LEFT BESIDE RIGHT

- 1-2 Sway Hips Right, Sway Hips Left. (You Can Use Your Feet To Swivel From Left To Right)
- 3-4 Sway Hips Right, Sway Hips Left,
- 5-6 Walk Fwd On Right, Left
- 7-8 Walk Fwd On Right, Stomp Left Beside Right.

Tag: At The End Of Wall 4 And 8 - Add An 8 Count Tag, Facing 12 O' Clock Both Times

RHUMBA BOX,

- 1-4 Step Left To Left Side, Step Right Together, Step Fwd On Left, Touch Right Beside Left
- 5-8 Step Right To Right Side, Step Left Beside Right, Step Back On Right, Stomp Left Beside Right

Enjoy and have fun with it.

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