

Shake with Sam

Count: 72

Wand: 1

Ebene: Phrased Improver

Choreograf/in: Lynn M. Goruk - September 2017

Musik: Shake - Sam Cooke



Adapted from Just A Closer Walk

Right lead, 32 ct. intro. 2 Restarts 3rd & 5th A

Sequence: A B, A B, A 1-32 A B, A 1-32 A B to end of music

A: 40 counts

A1: 4 point rambles forward

1,2 R point to right side, R step forward in front of L
3,4 L point to left side, L step forward in front of R
5,6 R point to right side, R step forward in front of L
7,8 L point to left side, L step forward in front of R

A2: 4 "back tracks"

1,2 R step back diagonally right, L touch beside R
3,4 L step back diagonally left, R touch beside L
5,6 R step back diagonally right, L touch beside R
7,8 L step back diagonally left, R touch beside L

A3: Sliding door/hold right & left

1-4 R side-rock, recover on L, R over L, hold
5-8 L side-rock, recover on R, L over R, hold

A4: R mambo fwd./hold, L mambo back/hold

1-4 R rock forward, recover on L, R step back, hold
5-8 L rock back, recover on R, L step forward, hold

Restart here on 3rd & 5th repetitions of A

A5: Rumba box back

1-4 R side, L together, R back, L touch
5-8 L side, R together, L forward, R touch

B: 32 counts

SLOW basics with "shimmies" right, left, right, left

B1: [1-8] R side, L draw/step beside R, R side, L draw/touch beside R

B2: [1-8] L side, R draw/step beside L, L side, R draw/touch beside L

B3: [1-8] R side, L draw/step beside R, R side, L draw/touch beside R

B4: [1-8] L side, R draw/step beside L, L side, R draw/touch beside L

Repeat in sequence; A B, A B, A[1-32] A B, A[1-32] A B to end of music

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