

Northwest Shake

Count: 64

Wand: 4

Ebene:

Choreograf/in: Lindsay Stamp (USA) - May 2018

Musik: Trouble Maker - LANCO



#16 Count Intro

(1-8) Left Foot Lead

- 1, 2 Rock forward L, Recover R
- 3&4 Shuffle back L,R,L
- 5, 6 Full turn, clockwise. R, face back, L, face forward. Left foot lands behind right.
- & 7 & 8 hop R back, L heel out, L step, R together

(9-16) L Foot Lead

- 1, 2 Walk forward L then R
- & 3 & 4 Step out to left L, step out to right R, Step in L, Cross R in front of left
- 5, 6 Unwind $\frac{3}{4}$ turn counter clockwise
- 7, 8 Shake hips twice

(17-24) R Foot Lead

- 1 & 2 & Touch R toe forward, step R , Touch L toe forward, Step L
- 3 & 4 & On the ball of R toe, swivel heel in and back twice
- 5 & 6 & Repeat [1 & 2 &] starting with the L foot
- 7 & 8 & Repeat [3 & 4 &] starting with the L foot

(25-32) R Foot Lead - 3/4 Counter Clockwise turn using 4 sailor steps

- 1 & 2 $\frac{1}{4}$ turn sailor step (cross step R behind L, Slight step to left on L, Step together R)
- 3 & 4 $\frac{1}{4}$ turn sailor step (cross step L behind R, Slight step to left on R, Step together L)
- 5 & 6 $\frac{1}{4}$ turn sailor step (cross step R behind L, Slight step to left on L, Step together R)
- 7 & 8 $\frac{1}{4}$ turn sailor step (cross step L behind R, Slight step to left on R, Step together L)

(33-40) R Foot Lead

- 1 & 2 & Touch R toe forward, step R , Touch L toe forward, Step L
- 3, 4 Touch R toe out to the right, Hitch right knee in and across to the left
- 5 & 6 Shuffle to the right (R, L, R)
- 7, 8 Rock L behind R. Recover onto R foot

(41-48) L Foot Lead

- 1 & 2 Shuffle to the left (L, R, L)
- 3, 4 Rock R behind L. Recover onto R foot, turning your body $\frac{1}{4}$ clockwise
- 5, 6, 7, 8 Step forward R, pivot half, Step forward R, pivot half (completing a full counter clockwise turn)

(49-56) R Foot Lead

- 1, 2 Take large diagonal step forward to the right on R foot
- 3, 4 Shake hips twice
- 5, 6 Take large diagonal step forward to the left on L foot
- 7, 8 Shake hips twice

(57-64) R Foot Lead

- 1 & 2 Kick forward R, Touch L toe back
- 3 & 4 Kick forward L, Touch R toe back
- 5, 6 Kick forward R, kick forward L

7, 8 Hook R toe behind left foot, unwind clockwise $\frac{1}{2}$ turn ending on R foot

Contact: linzf0822@yahoo.com
