

Shake Shake Shake

Count: 64

Wand: 4

Ebene: Intermediate

Choreograf/in: Daniel Exton (UK) - January 2023

Musik: Shake Your Booty - KC and the Sunshine Band



Sequence A, B, A, B, A, B, A until end

A1 Out, Out, In, In, Shuffle x2

- 1, 2 Right foot out, Left foot out
- 3, 4 Right foot in, Left foot next to Right
- 5 & 6 Right foot forward, Left foot behind Right, Right foot forward
- 7 & 8 Left foot forward, Right foot behind Left, Right foot forward

A2 Cross, Side, Sailor Step, Cross Side, Behind and Cross

- 1, 2 Cross Right over Left, Left to Left Side
- 3 & 4 Right foot behind Left, Left to Left side, Right to Right side
- 5, 6 Left Cross over Right, Right to Right side
- 7 & 8 Left foot behind Right, Right to Right side, Left foot cross over Right

A3 1/4 turn x2, Walk, Walk, Kick Ball Change

- 1, 2 Right foot forward, 1/4 Turn Left
- 3, 4 Right foot forward, 1/4 Turn Left
- 5, 6 Walk forward Right, Left
- 7 & 8 Kick Right foot out, Right foot next to Left, Left foot next to Right

A4 Paddle Turn x3 with hitch, Cross, Rock and Cross, Hitch

- 1, 2 Make 1/4 turn L point RF to R - Make 1/4 turn L point RF to R
- 3, 4 Make 1/4 turn L point RF to R, Flick R foot
- 5 Cross Right over Left
- 6 & 7 Rock Left to Left side, Recover onto Right, Left cross over Right
- 8 Hitch Right foot

B1 Hip Bumps, Side Cross Side, Hip Bumps, Side Cross Side

- 1 & 2 Bump hips Right, Left, Right (Weight on Left foot)
- 3 & 4 Right to Right side, Cross Left Over Right, Right to Right side
- 5 & 6 Bump hips Right, Left, Right (Weight on Left foot)
- 7 & 8 Right to Right side, Cross Left Over Right, Right to Right side

B2 Rock Forward, Shuffle Back, Rock Back, Step, 1/2 Turn

- 1, 2 Rock forward on Left, Recover onto Right
- 3 & 4 Shuffle Back Left, Right, Left
- 5, 6 Rock Back on Right, Recover onto Left
- 7, 8 Right foot forward, 1/4 Turn Left

B3 & B4 Repeat Sections B1&B2