

# Shake Things Up

**COPPERKNOB**  
STEPSHEETS

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Debbie Beck (USA) & Lacey Key (USA) - July 2023

Musik: Might As Well Be Me - Brothers Osborne



## Intro: 16 Counts

### [1-8] R HEEL GRIND, R COASTER, L HEEL GRIND, L COASTER

- 1,2 Touch R heel fwd with toes facing in, swivel toes out while turning  $\frac{1}{4}$  R (3:00)  
3&4 Step R back, Step L beside R, Step R forward  
5,6 Touch L heel fwd with toes facing in, swivel toes out while turning  $\frac{1}{4}$  L (12:00)  
7&8 Step L back, Step R beside L, Step L forward

### [9-16] R STEP FWD, $\frac{1}{2}$ PIVOT L, STOMP R & L, HIP ROLLS w/BUMPS (x2)

- 1,2 Step R forward, Pivot  $\frac{1}{2}$  to L (6:00)  
3,4 Stomp R, Stomp L  
5,6 Step R to R while rolling hips from L to R, Bump L hip up L  
7,8 Roll hips from R to L transferring weight to L, Bump R hip up R

### [17-24] TOE SWITCHES R&L, HEEL SWITCHES R&L, $\frac{1}{8}$ HIP ROLL(2X)

- 1& Touch R toe to the side, step R together,  
2& Touch L to the side, step L together,  
3& Touch R heel forward, step R together,  
4& Touch L heel forward, step L together  
5,6 Step R forward, hip roll  $\frac{1}{8}$  turn L (weight to L)  
7,8 Step R forward, hip roll  $\frac{1}{8}$  turn L (weight to L)

### [25-32] SIDE ROCK, BEHIND, SIDE, CROSS, SIDE ROCK, BEHIND, $\frac{1}{2}$ UNWIND

- 1,2 Rock R to R, Recover weight on L  
3&4 Cross R behind L, Step L to L, Cross R over L  
5,6 Rock L to L, Recover weight on R  
7,8 Cross L behind R,  $\frac{1}{2}$  Unwind to L (9:00) finish with weight on L

## BEGIN AGAIN!

\*Restart - Wall 3 after 16 counts facing 6:00

### Styling option for last 8 counts -

### [25-32] SIDE ROCK-RECOVER, CROSSING SHUFFLE, SIDE ROCK-RECOVER,

- 1,2 Rock R to R, Recover weight on L  
3&4 Cross R over L, Step L to L, Cross R over L  
5,6 Rock L to L, Recover weight on R  
7&8 Turn  $\frac{1}{2}$  turn L, Step R (or stomp)

Last Update: 21 Aug 2023