

M & J Shake

Count: 44

Wand: 4

Ebene: Beginner

Choreograf/in: Jesse Smith (USA)

Musik: The Shake - Neal McCoy



VINES, SCUFFS

- 1 Step to the right on right foot
- 2 Cross left foot behind right and step
- 3 Step to the right on right foot
- 4 Scuff left foot forward
- 5 Step to the left on left foot
- 6 Cross right foot behind left and step
- 7 Step to the left on left foot
- 8 Scuff right foot forward

WALK FORWARD, HITCH, WALK BACK, TURN, HITCH

- 9 Walk forward on right foot
- 10 Walk forward on left foot
- 11 Walk forward on right foot
- 12 Hitch left knee
- 13 Walk back on left foot
- 14 Walk back on right foot
- 15 Walk back on left foot making a $\frac{1}{4}$ turn to the left
- 16 Hitch right knee

STEPS BACK, HOLDS WITH CLAPS

- 17 Step back on right foot
- 18 Hold and clap hands
- 19 Step back on left foot
- 20 Hold and clap hands
- 21-24 Repeat counts 17-20

SIDE TOE TOUCHES

- 25 Touch right toe to the right
- 26 Step right foot next to left
- 27 Touch left toe to the left
- 28 Step left foot next to right
- 29-32 Repeat counts 25-28

HIP BUMPS

- 33-34 Bump hips to the left twice
- 35-36 Bump hips to the right twice
- 37 Bump hips to the left
- 38 Bump hips to the right
- 39-40 Repeat counts 37 and 38
- 41 Bump hips back
- 42 Bump hips to the right
- 43 Bump hips forward
- 44 Bump hips to the left

REPEAT

