

S & S Shake

Count: 68

Wand: 2

Ebene:

Choreograf/in: Sue Gerrits (USA) & Sonja Palmer (USA)

Musik: The Shake - Neal McCoy



HIP BUMPS, HOLD, HIP ROLLS

- 1-3 Right hip bumps
- 4 Hold and clap
- 5-6 Hip roll
- 7-8 Hip roll

TOE & TOE

- 9& Right toe touch next to left, together
- 10 Left toe touch next to right

LEFT ROLLING VINE, RIGHT VINE WITH ½ TURN

- 11 Step left on left foot turning ¼ left
- 12 Cross right foot over left foot pivoting ½ left
- 13 Step left on left foot turning ¼ left
- 14 Touch right foot beside left foot
- 15 Step right on right foot
- 16 Cross left foot behind right foot
- 17 Step right on right foot with ½ turn to right
- 18 Touch left foot beside right foot

KNEE POPS

- 19 Right knee pop
- 20 Hold
- 21 Left knee pop
- 22 Hold
- 23 Right knee pop
- 24 Left knee pop
- 25 Right knee pop
- 26 Hold

JUMP BACK - RIGHT & LEFT, HOLD

- 27& Right & left back jump
- 28 Hold and clap

FORWARD, TOUCH, BACK, TOUCH, FORWARD, TOUCH, FORWARD, TOGETHER

- 29 Right forward step
- 30 Left toe touch next to right and clap
- 31 Left back step
- 32 Right toe touch next to left and clap
- 33 Right forward step
- 34 Left step next to right and clap
- 35 Right forward step
- 36 Left step next to right and clap

BACK, TOUCH, FORWARD, TOUCH, BACK, TOUCH, BACK, TOGETHER

- 37 Left back step

- 38 Right toe touch next to left and clap
- 39 Right forward step
- 40 Left toe touch next to right and clap
- 41 Left back step
- 42 Right step next to left and clap
- 43 Left back step
- 44 Right step next to left and clap

SIDE TOUCHES

- 45 Right side toe touch
- 46 Together
- 47 Right side toe touch
- 48 Together
- 49 Left side toe touch
- 50 Together
- 51 Left side toe touch
- 52 Together

FORWARD HEEL, TOGETHER, BACK TOUCH, TOGETHER

- 53 Right forward heel
- 54 Together
- 55 Left back toe touch
- 56 Together

FUNKY SWAYS

- 57-60 Left funky sway (sway down and up, scoop arms right to left)
- 61-64 Right funky sway (sway down and up, scoop arms left to right)

HIP BUMPS, HOLD

- 65-67 Left hip bumps
- 68 Hold and clap

REPEAT

The three left hip bumps with a clap (end of pattern) and the three right hip bumps with a clap (beginning of pattern) should coincide with the lyrics "shake it to the left, shake it to the right".
