

# Shake

Count: 64

Wand: 4

Ebene: Intermediate

Choreograf/in: Alison Smith (UK)

Musik: Shake - Five



## ROCK & CROSS, UNWIND, CLAP, HEEL JACK TWICE

- 1&2 Rock right, rock left, cross right over left  
3-4 Unwind  $\frac{3}{4}$  turn to left, clap  
&5 Step right diagonally back right, touch left heel diagonally forward left  
&6 Step left to place, touch right beside left  
&7&8 Repeat &5&6

## ROCK & CROSS, UNWIND, CLAP, HEEL JACKS TWICE

- 9-16 Repeat steps 1-8

## MAMBO FORWARD, MAMBO BACK, ROCKS AND CROSSING SHUFFLE

- 17&18 Rock forward onto right, rock back onto left, step right beside left  
19&20 Rock back onto left, rock forward onto right, step left beside right  
21-22 Rock to right side, rock to left side  
23&24 Cross right over left, step left beside right, cross right over left

## ROCK LEFT AND RIGHT, $\frac{1}{2}$ TURN RIGHT, $\frac{3}{4}$ TURN RIGHT, TOE TOUCHES

- 25-26 Rock to left side, rock to right side  
27-28 On ball of right foot turn  $\frac{1}{2}$  right onto left foot, on ball of left foot turn  $\frac{3}{4}$  right onto right foot

## TOE TOUCHES

- 29-30 Touch left to left side, touch left in front of right  
31-32 Touch left to left side, touch left behind right  
33-36 Repeat steps 29-32

## UNWIND $\frac{1}{4}$ LEFT, STEP, HEEL TAPS $\frac{1}{4}$ TURN SHIMMY, JUMPS & CLAPS

- 37-40 Unwind  $\frac{1}{4}$  left (placing weight on left) step forward on right, tap heels x 3  
41-44 Shimmy turning  $\frac{1}{4}$  left on balls of both feet  
&45-46 Jump back right then left, clap  
&47-48 Jump back right then left, clap

## STEP TOUCHES

- 49-50 Step right in front of left, touch left to left side  
51-52 Step left in front of right, touch right to right side

## STEP TOUCHES, TOUCHES, ROCKS

- 53-56 Repeat steps 49-52  
57-58 Touch right in front of left, touch right to right side  
59-60 Repeat steps 57-58  
61-64 Rock to right, rock to left, rock to right, rock to left

## REPEAT