

Shake It Up

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Barry Amato (USA)

Musik: The Shake - Neal McCoy



FULL 3-STEP TURN LEFT (IN PLACE), CLAP, SHAKE RIGHT HIP TWICE, SHAKE LEFT HIP TWICE

- 1-3 Three-step turn to left in place, stepping left-right-left
- 4 Clap
- 5-6 Shake right hip to right twice
- 7-8 Shake left hip to left twice

CROSS, TOUCH, CROSS, TOUCH (SNAP FINGERS) AND ¼ TURN, REPEAT ALL

- 1 Cross right foot over left foot
- 2 Touch left toe to left side
- 3 Cross left foot over right foot
- 4 On ball of left foot, turn ¼ to left, touching right toe to right side (snap fingers of right hand at shoulder level)
- 5-8 Repeat steps 1-4

STEP TO RIGHT, CROSS BEHIND, STEP TO RIGHT (WITH SHOULDER ISOLATIONS)

- 1 Step right foot to right side and drop right shoulder
- 2 Step left foot behind right foot and drop left shoulder
- 3 Step right foot to right and drop right shoulder
- & Drop left shoulder
- 4 Drop right shoulder
- 5 Step left foot to left side and drop left shoulder
- 6 Step right foot behind left foot and drop right shoulder
- 7 Step left foot to left and drop left shoulder
- & Drop right shoulder
- 8 Drop left shoulder

¼ TURN LEFT, CLAP, SHAKE HIP TWICE, ½ TURN LEFT, CLAP, SHAKE HIP TWICE

- 1 On ball of left foot, turn ¼ to left and step right foot beside left foot
- 2 Clap
- 3 Shake right hip to right
- 4 Shake right hip to right
- 5 On ball of right foot, turn ½ to left and step left foot beside right foot
- 6 Clap
- 7 Shake right hip to right
- 8 Shake right hip to right, end with weight on right foot

REPEAT
