Shake It!

Count: 0	**Wand:** 0	**Ebene:**	
Choreograf/in: Todd Lescarbeau (USA)			
Musik: The Shake - Neal McCoy			

Position: Can be done with two circles -- inner circle faces out, and outer circle faces in

SECTION A
HIP SHAKES LEFT, HIP SHAKES RIGHT
1-4	Shake hips to left 4 times
5-8	Shake hips to right 4 times

3 PIVOT TURNS TO RIGHT
1-8	Step forward on ball of left foot, turn ¼ to right ; repeat 3 more times

FUNKY SHAKES, LOW SHAKES
1-4	Lean back holding hands out and shake (4 counts)
5-8	Bend forward resting hands on knees and shake (4 counts)

SIDE SHUFFLES AND ROCK STEPS
1&2	Side shuffle to left (left-right-left)
3-4	Rock back onto right foot, rock forward onto left foot
5&6	Side shuffle to right (right-left-right)
7-8	Rock back onto left foot, rock forward onto right foot

TOE TOUCHES WITH 3 TURNS, FULL TURN LEFT
1-2	Touch left toe in place, turn ¼ left stepping left foot forward
3-4	Touch right toe next to left, turn ¼ right stepping right foot forward
5	Touch left toe next to right
6-8	Execute a full turn to the left stepping (left-right-left)

STEP, HOLD, ROCK STEP, 3 LEFT, HOLD, STEP, BRUSH
1-2	Take a small step to right with right foot, hold 1 beat (optional clap)
3-4	Rock sideways onto left foot, rock sideways onto right
5-6	Turn ¼ to left stepping on left foot, hold 1 beat (optional clap)
7-8	Step forward on right foot, brush left foot forward

2 PIVOT TURNS RIGHT, 3 TURN RIGHT, VINE LEFT, TOUCH
1-4	Step forward on ball of left foot, turn ½ to right, repeat
5-8	Turn ¼ to right as you step left foot to left, step right foot behind, left foot to left, touch right foot next to left.

SECTION B
HOP FORWARD WITH SHAKES, HOP BACK WITH SHAKES
&1-2	Hop forward landing on right then left, shake (lean forward slightly as you shake)
&3-4	Hop back landing on left then right, shake (straighten up as you shake)
&5-8	Repeat steps &1,2 &3,4

Seven dance sequences are as follows:
Sequence 1: A,B
Sequence 2: A,B,B
Sequence 3: A,B
Sequence 4: A,B,B
Sequence 5: A,B

Sequence 6: A,B,B
Sequence 7: A,B
Repeat B until music ends