

# 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  $\frac{1}{4}$  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  $\frac{1}{4}$  left stepping left foot forward
- 3-4 Touch right toe next to left, turn  $\frac{1}{4}$  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  $\frac{1}{4}$  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  $\frac{1}{2}$  to right, repeat
- 5-8 Turn  $\frac{1}{4}$  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

---