

Shake Loose

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Carole Daugherty (USA)

Musik: Shake Yourself Loose - Vickie Winans



RIGHT: TOUCH & TOUCH & TOUCH-HIP-STEP, LEFT: TOUCH & TOUCH & TOUCH-HIP-STEP

- 1&2&3&4 Touch right toes forward across left foot, step onto right foot, touch left toes forward across right foot, step onto left foot, touch right toes forward across left foot, lift/push right hip up slightly, step down onto right foot
- 5&6&7&8 Touch left toes forward across right foot, step onto left foot, touch right toes forward across left foot, step onto right foot, touch left toes forward across right foot, lift/push left hip up slightly, step down onto left foot, (12:00) (travel slightly forward during this section.)

CHASE ½ TURN LEFT, MODIFIED FORWARD SAILOR POINT, WALK: RIGHT, LEFT, ROCK-¼-CROSS

- 1&2 Step forward on right foot, turn ½ left stepping onto left foot, step slightly forward on right foot
- &3&4 Small step diagonally forward on left, rock ball of right behind left, small step diagonally forward on left, point right toes diagonally back right
- 5-6 Step forward on right foot, step forward on left foot
- &7-8 Step/rock forward on right, turn ¼ left onto left foot, step right forward across left, (3:00)

LEFT WEAVE: SIDE, BEHIND, BALL-CROSS-SIDE-TOUCH, 360 ROLL RIGHT WITH TOUCH ACROSS

- 1-2&3&4 Step left on left foot, step right foot behind left, step left on left foot, step right foot forward across left, step left on left foot, touch right toes next to left foot
- 5-6-7-8 Step right foot ¼ right, step left foot back ½ right, step right foot ¼ right, touch left toes forward across right foot or hitch/bend left knee forward across right, (3:00)

LEFT SIDE ATTITUDE ROCKS WITH FORWARD CROSS, STEP RIGHT, CHASE ½ TURN RIGHT, RUN: RIGHT, LEFT

- 1&2&3&4 With both knees slightly bent while rocking shoulders: rock left foot left, recover right, rock left foot left, recover right, rock left foot left, recover right, step left foot forward across right foot
- 5-6&7&8 Step right foot forward, step left foot forward, turn ½ right stepping onto right foot, step/run slightly forward with left foot, run slightly forward with right foot, run slightly forward with left foot, (9:00)

REPEAT

FINALE OPTION:

Begin dance for the last time with the switch touches across facing 3:00:

- 1-2&3 Touch right toes across, step right, touch left toes across, step left, touch/press right toes forward across
- 4-5 Hold, pivot ¼ left to face 12:00 raising arms up out to sides