

Shake Me

Count: 0

Wand: 2

Ebene: Improver

Choreograf/in: Janet Jones (CAN)

Musik: You Still Shake Me - Deana Carter



Sequence: ABC, A, 1/4 Turns, BC, A, 1/4 Turns, BC, BC

PART A

HEEL WALKS FORWARD

1-4 Step right heel forward, step right foot down, step left heel forward, step left foot down

5-8 Repeat steps 1-4

TRAVELING RIGHT JAZZ BOX BACK

9-12 Cross right foot over left, step left foot back, step right foot to right, touch left foot next to right

TRAVELING LEFT JAZZ BOX BACK

13-16 Cross left foot over right, step right foot back, step left foot to left, touch right foot next to left

FORWARD TOGETHER BACK

17-20 Step right foot forward, slide left foot next to right, step right foot back, hold

BACK TOGETHER FORWARD

21-24 Step left foot back, slide right foot next to left, step left foot forward, hold

SHIMMY RIGHT (SHAKING SHOULDERS EVERY BEAT)

25-28 Step right foot to right, hold, step left foot next to right, hold

SHIMMY LEFT (SHAKING SHOULDERS EVERY BEAT)

29-32 Step left foot to left, hold, step right foot next to left, hold

PART B

RIGHT HEEL & TOE TOUCHES

1-5 Touch right heel forward twice, touch right toe to right twice, touch right toe back

6-8 Touch right toe to right, touch right heel forward step on right foot

9-13 Touch left heel forward twice, touch left toe to left twice, touch left toe back

14-16 Touch left toe to left, touch left heel forward, step on left foot

PART C

1-32 Repeat steps 1-32 in Part A

33-48 Repeat steps 17-32 in Part A

¼ TURNS

1-2 Touch right foot forward, make ¼ turn left on ball of right foot

3-4 Touch right foot forward, make ¼ turn left on ball of right foot