

The Shake

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Steve Rutter (UK)

Musik: The Shake - Ronnie Beard



WALK FORWARD, HIP BUMPS TO LEFT, WALK FORWARD, HIP BUMPS TO RIGHT

- 1-2 Step forward on left, step forward on right
- 3-4 Step forward on left bumping hips twice to left
- 5-6 Step forward on right, step forward on left
- 7-8 Step forward on right bumping hips twice to right

BACK LOCK STEP, WEAWE WITH ¼ TURN RIGHT

- 9-10 Step back on left, lock right foot in front of left
- 11-12 Step back on left, step right to right side
- 13-14 Cross left over right, step right to right side
- 15-16 Cross left behind right, step right ¼ turn to right

STOMP FORWARD TWICE, SHIMMY, STEP BACK TWICE, PIGEON TOES

- 17-18 Stomp left foot forward, stomp right beside left
- 19-20 Shimmy shoulders over two counts
- 21-22 Step back on left, step right beside left
- 23-24 Split both heels apart, bring heels back together

STEP, PIVOT ½ TURN LEFT, STEP FORWARD, TOUCH, SIDE STEP WITH HIP BUMPS

- 25-26 Step forward on right, pivot ½ turn left
- 27-28 Step forward on right, touch left beside right
- 29-30 Step left to left side bumping hips left, bump hips right
- 31-32 Bump hips left, bump hips right (weight ends on right)

REPEAT
