

Shaken, Not Stirred

Count: 0

Wand: 4

Ebene:

Choreograf/in: Mike Traubel & Kelly Wills

Musik: The Shake - Neal McCoy



Sequence: A, AB, A, AB, ...

SECTION "A" REPEATING SECTION

LEFT STEP SHAKES, RIGHT STEP SHAKES

- 1 Left foot step to left at the same time shake hips to left
- 2 Shake hips to left
- 3 Right foot stomp next to left foot
- 4 Clap hands
- 5 Right foot step to right at the same time shake hips to right
- 6 Shake hips to right
- 7 Left foot stomp next to right foot
- 8 Clap hands

LEFT SHUFFLE ROCK STEP, RIGHT SHUFFLE ROCK STEP

- 9&10 Left side shuffle to left
- 11 Right foot step back 45 degrees to left
- 12 Rock forward on left foot (body remains facing forward)
- 13&14 Right side shuffle to right
- 15 Left foot step back 45 degrees to right
- 16 Rock forward on right foot (body remains facing forward)

LEFT ELVIS LEG ROLLS, RIGHT ELVIS LEG ROLLS

- 17 Left foot step slightly to left, at the same time roll hip/leg to the left
- 18 Continue to roll hip/leg to the left
- 19 Continue to roll hip/leg to the left
- 20 Hold one count (weight is on left foot)
- 21 Right foot step slightly to right, at the same time roll hip/leg to the left
- 22 Continue to roll hip/leg to the left
- 23 Continue to roll hip/leg to the left
- 24 Hold one count (weight is on right foot)

SHAKE LEFT FORWARD, SHAKE RIGHT FORWARD

- 25 Left foot step 45 degrees forward to left & shake/bump hips to left
- 26 Shake/bump hips to left
- 27 Right foot touch next to left foot (weight is on left foot)
- 28 Clap hands
- 29 Right foot step 45 degrees forward to right & shake/bump hips to right
- 30 Shake/bump hips to right
- 31 Left foot touch next to right foot (weight is on right foot)
- 32 Clap hands

STEP OUT, CLAP, STEP IN, CLAP, STEP OUT, CLAP, STEP IN & CROSS, CLAP

- & Left foot step slightly to left (out)
- 33 Right foot step slightly to right (out)
- 34 Clap hands

- & Left foot step to center (in)
- 35 Right foot step next to left foot (in)
- 36 Clap hands
- & Left foot step slightly to left (out)
- 37 Right foot step slightly to right (out)
- 38 Clap hands
- & Left foot step to center (in)
- 39 Right foot cross in front of left foot
- 40 Clap hands

UNWIND, SHAKE DOWN & UP

- 41-44 Unwind ½ turn (to the left)
- 45 Shake down
- 46 Shake down
- 47 Shake up
- 48 Shake up (weight transfers to left foot)

RIGHT SHUFFLE WITH ¼ TURN, STEP PIVOT, LEFT SHUFFLE, STEP PIVOT

- 49 Right foot step to right side, pointing right foot to right making ¼ turn to right
- & Left foot step next to right foot
- 50 Right foot step forward
- 51 Left foot step forward
- 52 Pivot ½ turn to left
- 53 Left foot step forward
- & Right foot step next to left foot
- 54 Left foot step forward
- 55 Right foot step forward
- 56 Pivot ½ turn to left

LEFT SWIVEL WALK, RIGHT SWIVEL WALK

- 57 Right foot step next to left foot, at the same time swivel heels to left
- 58 Toes swivel to left
- 59 Heels swivel to left
- 60 Clap hands
- 61 Heels swivel to right
- 62 Toes swivel to right
- 63 Heels swivel to right (weight is on right foot)
- 64 Clap hands

BEGIN AGAIN ON ODD CYCLES or

SECTION "B" (ALTERNATING SECTION, PERFORMED ON EVEN CYCLES)

LEFT SHUFFLE FORWARD, PIVOT, RIGHT SHUFFLE FORWARD, PIVOT

- 65 Left foot step forward
- & Right foot step next to left foot
- 66 Left foot step forward
- 67 Right foot step forward
- 68 Pivot ½ turn to left
- 69 Right foot step forward
- & Left foot step next to right foot
- 70 Right foot shuffle forward
- 71 Left foot step forward
- 72 Pivot ½ turn to right (weight is on right foot)

REPEAT
