

# T.L. Shake

Count: 32

Wand: 2

Ebene: Intermediate

Choreograf/in: Donna Wasnick (USA)

Musik: If the Good Die Young - Tracy Lawrence



## HEEL STEPS

- 1 Touch right heel forward
- 2 Step down on ball of right foot
- 3 Make ½ turn on ball of right foot and touch left heel forward
- 4 Step down on ball of left foot
- 5 Touch right heel forward
- 6 Step down on ball of right foot
- 7 Make ½ turn on ball of right foot and touch left heel forward
- 8 Step down on ball of left foot

## SHUFFLE TURNS

- 9&10 Right shuffle-step forward (right-left-right)
- 11 Step forward on left foot
- 12 Make ½ turn to right (switching weight to right foot)
- 13&14 Left shuffle-step forward (left-right-left)
- 15 Step forward on right foot
- 16 Make ¼ turn to left on balls of both feet (shift weight to left foot)

## HIP SHAKES

- 17 Step right foot to right and shake right hip
- 18 Shake right hip again
- 19 Make ¼ turn to right on ball of right foot and touch left next to right
- 20 Hold
- 21 Step left foot to left and shake left hip
- 22 Shake left hip again
- 23 Touch right foot next to left
- 24 Hold

## BACK HIP SHAKES

- 25 Step back on right foot and shake right hip
- 26 Shake right hip again
- 27 Step back on left foot and shake left hip
- 28 Shake left hip again

## HIP ROLLS

- 29 Roll hips forward
- 30 Roll hips back
- 31 Roll hips forward
- 32 Roll hips back (end with weight on left foot)

## REPEAT

## TAG

After wall 3

## SHIMMY SHAKES

- 1-2 Step right foot to right side and shake right hip twice

3-4	Step left next to right and hold
5-6	Step right foot to right side and shake right hip twice
7-8	Step left next to right and hold
9-10	Step left foot to left side and shake left hip twice
11-12	Step right next to left and hold
13-14	Step left foot to left side and shake left hip twice
15-16	Step right next to left and hold

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