

# U Shake It

Count: 0

Wand: 1

Ebene: Improver east coast swing

Choreograf/in: Judy Cain (USA)

Musik: The Shake - Neal McCoy



Sequence: AA BB CC D, AA BB CC D, AA BB CC D BBBB

## PART A

### VINE LEFT & RIGHT

- 1-4 Step left to left, right behind, left to left, scuff right forward  
5-8 Step right to right, left behind, right to right, scuff left forward

### STEP SCUFF FORWARD

- 9-12 Step left forward & scuff right, step right forward & scuff left  
13-16 Step left forward & scuff right, step right forward & scuff left

### HEEL SWITCHES TRAVELING BACKWARDS

- 17&18& Step back on left, tap right heel forward, step back on right, tap left heel forward  
19&20 Step back on left. Tap right heel forward, clap on count 4  
21&22 Step back on right, tap left heel forward, step back on left, tap right heel forward  
23&24 Step back on right, tap left heel forward, clap on count 4

### HIP ROLLS

- 25-32 Step left forward and roll hips forward and down, back and up repeat three more times

## PART B

### SHAKE

Have fun & be creative here

- 1-2 Step left to left, shimmy shoulders or shake hips for 2 counts  
3-4 Right touch beside left, clap  
5-6 Step right to right, shimmy shoulders or shake hips for 2 counts  
7-8 Left touch beside right, clap

### STEP TAPS/FULL RIGHT TURN

- 9-10 Step left forward & touch right next to left  
11-12 Step right back making a right ½ turn, touch left next to right  
13-14 Step left forward & touch right next to left  
15-16 Step right back making a ½ right turn, touch left next to right

## PART C

### FORWARD ANGLE WALKS/BACKWARD STEP TAPS

- 1-4 Left forward (angle toward left corner), right beside left, left forward, touch right beside left  
5-8 Right back, touch left next to left, left back, touch right next to left  
9-12 Right forward (angle toward right corner), left beside, right forward, touch left beside right  
13-16 Left back, touch right next to left, right back, touch left next to right

## PART D

### HEEL SPLITS, HEEL STEP

- 1-4 Split heels apart & close together, tap left heel forward and step beside right  
5-8 Split heels apart & close together. Tap right heel forward and step beside left