

May I Shake It?

Count: 64

Wand: 4

Ebene: Improver

Choreograf/in: Leah May (CAN) - November 2007

Musik: The Shake - Neal McCoy



Start on vocals

Shuffle forward Rock Step, Shuffle back Rock Step

- 1&2 Shuffle forward right foot
- 3-4 Rock step forward onto left foot rock back onto right foot
- 5&6 Shuffle backwards with left foot
- 7-8 Rock step back onto right foot rock back onto left foot

Shuffle forward pivot 1/2 turn, toe struts

- 1&2 Shuffle forward right foot
- 3-4 Left foot pivot 1/2 turn over right shoulder
- 5-8 Toe struts left and right, use your hips here

Shuffle forward Rock Step, Shuffle back Rock Step

- 1&2 Shuffle forward left foot
- 3-4 Rock step forward onto right foot rock back onto left foot
- 5&6 Shuffle backwards with right foot
- 7-8 Rock step back onto left foot rock back onto right foot

Shuffle forward pivot 1/2 turn, toe struts

- 1&2 Shuffle forward left foot
- 3-4 Right foot pivot 1/2 turn over left shoulder
- 5-8 Toe struts right and left, use your hips here

Double heel, double toe, heel, toe, step, stomp clap

- 1-4 Right foot, double heel tap, double toe taps
- 5-8 Right foot Heel, toe, step to the right and stomp left foot beside right clap

Double heel, double toe, heel, toe, step, stomp clap

- 1-4 Right foot, double heel tap, double toe taps
- 5-8 Right foot Heel, toe, step to the right and stomp left foot beside right clap

Grapevine Right, double hip bumps left and right

- 1-4 Grapevine right
- 5-8 Double hip bump left and right

Grapevine Left 1/4 turn, double hip bumps Right and Left

- 1-4 Grapevine left 1/4 turn over left shoulder
- 5-8 Double hip bump right and left

Begin again.
