

# The Shake

Count: 64

Wall: 2

Level:

Choreographer: Mark Simpkin (AUS)

Music: The Shake - Neal McCoy



**(The first 16 counts should be done using the hips)**

- 1-4 Step forward at 45 degrees left on ball of left foot & roll left knee to the left twice  
5-8 Step forward at 45 degrees right on ball of right foot & roll right knee to the right twice

- 1-4 Step left forward with heel in, step right forward with heel in & swivel left heel to left, step left forward turning  $\frac{1}{4}$  turn left swiveling right heel to right, hold  
5-8 Step forward on right to face front swiveling left heel left, step forward on left with heel in & swivel right heel to right, step forward on right turning  $\frac{1}{4}$  turn right swiveling left heel left, hold

**(The next 8 counts should be done with a bouncing motion)**

- 1-4 Kick left foot forward, swing left foot back, pivot on right  $\frac{1}{2}$  turn left kicking left forward, hop onto left swinging right foot to the back  
5-8 Kick right foot forward, swing right foot back, pivot on left  $\frac{1}{2}$  turn right kicking right foot forward, hop onto right swinging left foot to the back  
1-4 Step forward on left, pivot  $\frac{1}{4}$  turn right, shuffle forward left-right-left  
5-8 Step forward on right, pivot  $\frac{1}{2}$  turn left, shuffle forward right-left-right  
1-4 Kick left forward at 45 degrees left, step left behind right, kick right forward at 45 degrees right, step right behind left  
5-8 Twist both heels left turning  $\frac{1}{4}$  turn right, twist both heels right turning  $\frac{1}{4}$  turn left stomp right beside left, stomp left beside right  
1-4 Kick right forward at 45 degrees right, step right behind left, kick left forward at 45 degrees left, step left behind right  
5-8 Twist both heels right turning  $\frac{1}{4}$  turn left, twist both heels left turning  $\frac{1}{4}$  turn right, stomp left beside right, stomp right beside left  
1-4 Step forward on left, step forward on right, turning  $\frac{1}{4}$  turn left, shuffle back left-right-left  
5-8 Kick right, ball change right, left, step forward on right turning  $\frac{1}{4}$  turn right, step left beside right  
1-4 Vine to right-right-left-right turning a full turn right & touch left beside right  
5-8 Vine to left-left-right-left turn  $\frac{1}{2}$  turn left on 3rd beat, step right to right side

**REPEAT**

Whenever the sequence finishes at the front wall, a further 8 counts is added to fit in with the music-as follows:

- 1-8 Step forward on left, pivot  $\frac{1}{4}$  right-repeat this three more times to total a full turn to the right (paddle turn)