

Shake It For Me....

Compte: 64

Mur: 2

Niveau: Improver

Chorégraphe: Neville Fitzgerald (UK) & Julie Harris (UK) - September 2014

Musique: Shake - MercyMe



Starts on Vocal (32 Counts)

Sequence... 64 48 48 64 64 32 64 64 48

Left Strut, Right Strut, Mambo Step, Hitch.

- 1-2 Touch Left toe forward, drop Left heel taking weight.
- 3-4 Touch Right toe forward, drop Right heel taking weight.
- 5-6 Rock forward on Left, recover on Right.
- 7-8 Step back on Left, hitch Right knee.

Coaster Step, Brush, Left Lock Step.

- 1-2 Step back on Right, step Left next to Right,
- 3-4 Step forward on Right, brush Left past.
- 5-6 Step forward on Left, lock Right behind Left.
- 7-8 Step forward on Left, Hold.

Right Strut, Left Strut, Mambo Step, Hitch.

- 1-2 Touch Right toe forward, drop Right heel taking weight.
- 3-4 Touch Left toe forward, drop Left heel taking weight.
- 5-6 Rock forward on Right, recover on Left.
- 7-8 Step back on Right, hitch Left knee.

Coaster Step, Hold, 1/4 Cross Shuffle.

- 1-2 Step back on Left, step Right next to Left.
- 3-4 Step forward on Left, Hold
- 5-6 Make 1/4 turn to Right cross stepping Right over Left, step Left to Left side. (3:00)
- 7-8 Cross step Right over Left, Hold. *R**

Side, Touch, Side, Touch, Side Together Side, Touch.

- 1-2 Step Left to Left side, touch Right next to Left.
- 3-4 Step Right to Right side, touch Left next to Right.
- 5-6 Step Left to Left side, step Right next to Left.
- 7-8 Step Left to Left side, touch Right next to Left.

1/4 Right Strut, Left Strut. Mambo Step.

- 1-2 Make 1/4 turn to Right touching Right toe forward, drop Right heel taking weight. (6:00)
- 3-4 Touch Left toe forward, drop Left heel taking weight.
- 5-6 Rock forward on Right, recover on Left.
- 7-8 Step Right next to Left, Hold. *R*

Side Together Forward, Side Together Back.

- 1-2 Step Left to Left side, step Right next to Left.
- 3-4 Step forward on Left, Hold.
- 5-6 Step Right to Right side, step Left next to Right.
- 7-8 Step back on Right, Hold.

Coaster Step, Run, Run, Run.

- 1-2 Step back on Left, step Right next to Left.
- 3-4 Step forward on Left, Hold.

5-8 Run forward Right-Left-Right, Hold.

***R* □Restart 1... Walls 2 & 3**

Dance Up To & Including Count 48... Then Restart From Beginning

***R**□Restart & Change... Wall 6**

Dance Up To & Including Count 28... Then Change 29-32 To Right Shuffle Forward.. Hold.. Then Restart From Beginning.
