

# Shove It

**Compte:** 32

**Mur:** 4

**Niveau:** Improver

**Chorégraphe:** Roy Verdonk (NL) & Miquel Menéndez (ES) - April 2015

**Musique:** Shove It - Audrey Auld



---

## **Toe Heel Strut R, Cross Toe Heel Strut L, Mambo Cross R, Toe Heel Strut L, Cross Toe Heel Strut R, Mambo with 1/4 Turn R**

- 1& Rf touch toes right, Rf drop heel down ( taking weight on it )
- 2& Lf cross toes in front of Rf, Lf drop heel down ( taking weight on it )
- 3&4 Rf rock right, recover onto Lf ( & ), Rf cross in front of Lf
- 5& Lf touch toes left, Lf drop heel down ( taking weight on it )
- 6& Rf cross toes in front Lf, Rf drop heel down ( taking weight on it )
- 7&8 Lf rock left, recover onto Rf making 1/4 turn right ( & ), Lf step forward ( 3.00 )

## **Step R, Touch L, Step L, Touch R, Side R, Together L, Side R, Touch L , Step L, Touch R, Step R, Touch L, Step L, Together R, Step L**

- 1& Rf step right, Lf touch together ( & )
- 2& Lf step left, Rf touch together ( & )
- 3& Rf step right, Lf step together ( & )
- 4& Rf step right, Lf touch together (&)
- 5& Lf step left, Rf touch together ( & )
- 6& Rf step right, Lf touch together ( & )
- 7& Lf step left, Rf step together ( & )
- 8 Lf step left

## **Jazzbox With 1/4 Turn R, Heel/Flick/Step (2X)**

- 1-2 Rf cross in front of Lf, Lf step back
- 3-4 make 1/4 turn right stepping Rf right, Lf step forward ( 6.00 )
- 5&6 Rf touch heel forward, Rf flick heel right ( & ), Rf step forward
- 7&8 Lf touch heel forward, Lf flick heel left ( & ), Lf step forward

## **Step, 1/2 Turn L, Step, 1/2 Turn L, Step, 1/4 Turn L With Hitch, Walks L/R/L**

- 1-2 Rf step forward, make 1/2 turn left stepping Lf forward
  - 3-4 Rf step forward, make 1/2 turn left stepping Lf forward
  - 5-6 Rf step forward, make 1/4 turn left hitching left knee up
  - 7&8 Lf step forward, Rf step forward ( & ), Lf step forward
-