

# The Shake

**Compte:** 32

**Mur:** 2

**Niveau:** Easy Improver

**Chorégraphe:** Marie Sørensen (TUR) & Sally Hung (TW) - September 2015

**Musique:** The Shake - Neal McCoy : (Album: Mr. Music 9-99)



**Intro: 16 Counts**

## **S1. ROCKIN CHAIR, STEP ½ TURN, STEP, HOLD**

- 1-2 Rock fwd. on right, recover
- 3-4 Back rock right, recover
- 5-6 Step fwd. on right, ½ turn left
- 7-8 Step fwd. on right, hold (06:00)

## **S2. 1/4 TURN LEFT, TOUCH, 1/4 TURN RIGHT, TOGETHER, 1/4 TURN RIGHT, TOUCH, 1/4 TURN LEFT, TOUCH**

- 1-2 1/4 turn left, step left to the left side, touch right beside left (03:00)
- 3-4 1/4 turn right, step right to the right side, step left next to right (Weight on left) (06:00)
- 5-6 1/4 turn right, step right to the right side, touch left beside right (09:00)
- 7-8 1/4 turn left, step left to the left side, touch right beside left (Weight on right) (06:00)

## **S3. OUT, OUT, IN, IN, STEP RIGHT WITH HIP BUMP RIGHT X2, STEP LEFT WITH HIP BUMP LEFT X2**

- 1-2 Jump out forward right, jump out forward left (feet shoulder with apart)
- 3-4 Jump in back right, jump in back left (feet together)
- 5-6 Step right to the right and bump hip to the right x2
- 7-8 Step left to the left and bump hip to the left x2 (06:00)

## **S4. HEEL TOE SWIVEL (X3), HITCH, HEEL TOE SWIVEL (X3), HITCH**

- 1-2 Swivel heels right, swivel toes right
- 3-4 Swivel heels right, hitch left
- 5-6 Swivel heels left, swivel toes left
- 7-8 Swivel heels left, hitch right (06:00)

**TAGS:-**

**After wall 4 - 8 counts tag - Facing - 12:00**

**After wall 8 - 8 counts tag - Facing - 12:00**

**Both Tags are the same**

## **JAZZ BOX CROSS TWICE**

- 1-2 Cross right over left, step back on left
- 3-4 Step right next to left, cross left over right
- 5-6 Cross right over left, step back on left
- 7-8 Step right next to left, cross left over right

**Have Fun!**

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