Shakin' It



Compte: 56 Mur: 4 Niveau: Phrased Low Intermediate

Chorégraphe: Trine Haukø Lund (NOR) - January 2017

Musique: Shake It (feat. Big & Rich) - The Lacs



#64 counts intro - Sequence of dance: A-A - B-B - A-A-A - B-B - A-A - B-B - B-B

Part A: 32 counts

A1: Diagonal forward lock right, scuff, diagonal forward lock left, scuff

1-4 Step RF forward to R diagonal, close LF behind RF, step RF forward to R diagonal, scuff LF

beside LF

5-8 Step LF forward to L diagonal, close RF behind LF, step LF forward to L diagonal, scuff RF

beside RF

A2: Jazz box R, cross, wine R

1-4 Cross RF over LF, step back on LF, step RF to R, cross LF over RF
 5-8 Step RF to R, cross LF behind RF, step RF to R, cross LF over RF

A3: Rock R, 1/4 turn L, step, Full turn R

1-4 Rock RF to R, recover on LF, turn 1/4 L(9.00), step forward on RF, hold

5-8 Turn 1/2 R, step back on LF(3.00), turn 1/2 R step forward on RF(9.00), step forward on LF,

hold

A4: Mambo forward, step hitch, step, step

1-4 Rock forward on RF, recover on LF, step back on RF, hitch L knee 5-8 Step back on LF, hitch R knee, step back on RF, step LF next to RF

Part B: 24 counts (first time part B, you are facing 6 o'clock)

B1: Nightclub basic R, nightclub basic L, weave with 1/4 turn R, step 3/4 turn R, touch

1-2& Step RF to R, close LF behind RF, cross RF over LF3-4& Step LF to L, close RF behind LF, cross LF over RF

5&6& Step RF to R, cross LF behind RF, turn 1/4 R(9.00) step forward on RF, step forward on LF Turn 1/2 R(3.00), step forward on RF, turn 1/4 R(6.00) step LF to L, touch RF next to LF

B2: Side together side touch R, side together side touch L

Step RF to R, step LF beside RF, step RF to R, touch LF beside RF
Step LF to L, step RF beside LF, step LF to L, touch RF beside LF

B3: Step forward touch, step back 1/4 turn L touch, step forward touch, step back 1/4 turn L touch

1-4 Step RF forward, touch LF beside RF(shake shoulders), 1/4 turn L(3.00), step LF to L, touch

RF beside LF

(shake shoulders)

5-8 Step RF forward touch LF beside RF(shake shoulders), 1/4 turn L(12.00), step LF to L, touch

RF besde LF

(shake shoulders)

Have fun, and Shake It!

Contact: trilund@online.no