

Shake It Up

Compte: 48

Mur: 4

Niveau: Improver

Chorégraphe: Alan Birchall (UK) & Jacqui Jax (UK) - November 2017

Musique: Shake It Up - Ringo Starr : (CD: Give Me Love)



(Thanks to Rick Culley for suggesting this track)

Alternative: Buddy Holly Rave On Medley – The Dean Brothers

Start: On Lyrics **Seconds:** 8 **Counts:** 16 **BPM:** 165

RIGHT STRUT, LEFT STRUT, JAZZ BOX, HOLD

- 1-2 Touch Right Heel Forward, Slap Right Foot To Floor
- 3-4 Touch Left Heel Forward, Slap Left Foot To Floor
- 5-6 Cross Right Over Left, Step Back On Left
- 7-8 Step Right To Right, Hold

TRAVELLING DWIGHTS, ROCK, RECOVER, CROSS, HOLD

- 9 Touch Left Toe To Right Instep Whilst Swivelling Right Heel Towards Left
- 10 Touch Left Heel To Right Instep Whilst Swivelling Right Toe Towards Left
- 11 Touch Left Toe To Right Instep Whilst Swivelling Right Heel Towards Left
- 12 Touch Left Heel To Right Instep Whilst Swivelling Right Toe Towards Left
- 13-14 Rock Left To Left, Recover On Right
- 15-16 Cross Left Over Right, Hold

BACK LOCK STEP, HOLD, COASTER STEP, HOLD

- 17-18 Step Back On Right, Lock Left Over Right Left
- 19-20 Step Back On Right, Hold
- 21-22 Step Back On Left, Step Right By Left
- 23-24 Step Forward On Left, Hold

STEP ½ PIVOT, STEP, HOLD X2

- 25-26 Step Forward On Right, ½ Pivot Left 06:00
- 27-28 Step Forward On Right, Hold/Clap
- 29-30 Step Forward On Left, ½ Pivot Right 12:00
- 31-32 Step Forward On Left, Hold/Clap

WEAVE ¼ TURN, JAZZ JUMPS FORWARD & BACK WITH CLICKS

- 33-34 Cross Right Over Left, Step Left To Left
- 35-36 Cross Right Behind Left, Making ¼ Turn Left Step Left To Left 09:00
- &37-38 Jump Slightly Forward Landing Right, Left, Hold Click Fingers (Shoulder High)
- &39-40 Jump Slightly Back Landing Right, Left, Hold Click Fingers (Shoulder High)

TRAVELLING SWIVELS, ½ MONTEREY TURN

- 41-42 Swivel Both Heels Left, Swivel Both Toes Left (Moving To Left)
- 43-44 Swivel Both Heels Left, Swivel Both Toes Left (Moving To Left)
- 45-46 Point Right To Right, Make ½ Turn Right Step Right by Left 03:00
- 47-48 Point Left To Left, Step Left By Right

START AGAIN

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