

Simply Soul Shake

Compte: 32

Mur: 2

Niveau: Absolute Beginner

Chorégraphe: Geoff Styles (UK) - September 2019

Musique: Soul Shake - Tommy Castro



Intro: 80 counts (30 seconds), start on lyrics

S1: Diagonally R, together, R, touch & clap, Diagonally L, together, L, touch & clap

- 1-2 Step diagonally forward right, step left next to right
- 3-4 Step diagonally forward right, touch left next to right & clap
- 5-6 Step diagonally forward left, step right next to left
- 7-8 Step diagonally forward left, touch right next to left & clap

Option: Do this section with Motown arm movements

S2: Step Back Touch & Clap x 4

- 9-10 Step back on R foot, touch L foot next to R & clap
- 11-12 Step back on L foot, touch R next to L foot & clap
- 13-14 Step back on R foot, touch L next to R foot & clap
- 15-16 Step back on L foot, touch R next to L foot & clap

S3: Point side R, hitch L, step side R, touch L, point side L, hitch L, step ¼ L brush R

- 17-18 Point R toe to R side, hitch R knee next to L
- 19-20 Step R foot to R side, touch L foot next to R
- 21-22 Point L toe to L side, hitch L knee next to R
- 23-24 Step L foot ¼ L, brush R foot past L (9 o'clock)

S4: R rocking chair, step forward R, pivot 1/8 turn L, step forward R, pivot 1/8 turn L

- 25-26 Rock forward on R foot, recover weight on L
- 27-28 Rock back on R foot, recover weight on L
- 29-32 Step forward on R foot, pivot 1/8 turn L
- 31-32 Step forward on R foot, pivot 1/8 turn L (6 o'clock)

REPEAT Have fun

Last Update - 7 Oct. 2019