

Shake!

Compte: 64

Mur: 2

Niveau: Intermediate

Chorégraphe: Helen Parkyn (UK) & Luke Shrimpton (UK) - March 2025

Musique: Shake - Jay Webb



Intro: 16 counts

Sequence: 64 Counts, Tag, 64 Counts, Tag x2, 16 counts bridge to count 33 with modified twists.

[1-8] R Dorothy, L Dorothy, R Scuff, Step, Heel Bounces

1,2& Step right to right diagonal, lock left behind right, step right forward
3,4& Step left to left diagonal, lock right behind right, step left forward
5 Scuff right
6 Step right to right
7,8 Bounce right heel x2

[9-16] R Sailor, L Sailor ¼ Turn, Kick, Out, Out, Bounce Heels

9&10 Step right behind left, step left to left side, step right to right side
11&12 Step left behind right, step right foot back turning ¼ left, step left to left side
13&14 Kick right, step right to right, step left to left
15,16 Bounce both heels x2 (Bridge here wall 3)

[17-24] R Shuffle Back, L Coaster, R ½ Shuffle, L ¼ Shuffle

17&18 Step back right, step left together, step back right
19&20 Step back left, step right next to left, step left forward
21&22 Step right ¼ left, step left next to right, step right ¼ left
23&24 Step left to left ¼ left, step right together, step left to left

[25-32] R Cross, L Back, R Side Shuffle, Cross Rock L, Slide left

25,26 Cross right over left, step left back
27&28 Step right to right, step left together, step right to right
29,30 Cross rock left over right, recover weight on to right
31,32 Step left to left, step right together

[33-40] Step Claps x2, R ¼ Shuffle, Step Claps x2, L Shuffle (bridge to here wall 3)

33&34& Step right to right diagonal, clap, step left to left diagonal, clap
35&36 Step right ¼ right, step left together, step right forward
37&38& Step left to left diagonal, clap, step right to right diagonal, clap
39&40 Step left forward, step right to left, step left forward

[41-48] R Pivot ½, Forward Coaster, Reverse Chug ½, L Coaster

41 Step forward right
42 Pivot 1/2 left
43&44 Step forward right, step left together, step back right
45 Turn ¼ left pointing left to left
46 Turn ¼ left pointing left to left
47&48 Step back left, step right together, step forward left

[49-56] R Side Rock, Behind, Side Cross, L Side Rock, Behind Side Cross

49,50 Rock right to right, recover weight on to left
51&52 Step right behind, step left to left, step right across left
53,54 Rock left to left, recover weight on right

55&56 Step left behind right, step right to right, step left across right

[57-64] R Scuff, Step back, Heel twists ¼ R, R Hitch, Big Step Right, L Drag, Claps

57,58 Scuff right, step back right

59&60 Twist heels left, twist heels right, twist heels left turning ¼ right (Wall 3 twist ½)

&61 Hitch right, take big step right

62,63, Drag left to right, step left next to right (shimmy)

&64 Clap, Clap

TAG

[1-8] R Rock, Shuffle ½ Turn, L Rock, L Coaster

1,2 Rock right forward, recover weight on to left

3&4 Step right ¼ right, step left to right, step right ¼ right

5,6 Rock left forward, recover weight on right

7&8 Step left back, step right together, step left forward
