

# Shake

**Compte:** 64

**Mur:** 2

**Niveau:** Intermediate

**Chorégraphe:** Vicky McCulloch (CAN)

**Musique:** The Shake - Neal McCoy



## **KNEE SHAKES**

- 1&2&3&4 Step forward on ball of left & shake left knee out, in, out, center & drop heel  
5&6&7&8 Step forward on ball of right & shake right knee out, in, out, center & drop heel

## **LEFT AND RIGHT SHOULDER SHAKES**

- 1&2&3&4 Left step right while shaking shoulders right-left-right-left, touch right beside left, clap  
5&6&7&8 Right step right while shaking shoulders right-left-right-left, step left beside right, clap

## **STEP PIVOT CROSS STEP / LEFT TOE HEEL TOE SWIVELS, STOMP**

- 1-4 Right step forward, pivot turn  $\frac{1}{4}$  left, cross right over left, step left beside right  
5-8 Swivel left toes left, left heel left, left toes center, right stomp beside left/clap

## **RIGHT TOE HEEL TOE SWIVELS, STOMP / SWIVEL BOTH FEET, TOES HEELS, HEELS TOES**

- 1-4 Swivel right toes right, right heel right, right toes center, left stomp beside right & clap  
5-8 Swivel toes left, swivel heels left, swivel heels right, swivel toes right

## **STEP BACK TOUCH STEP, BACK TOUCH STEP, FORWARD SLIDE STEP TOUCH**

- 1-4 Left step back diagonal left, right touch beside left/clap, right step back diagonal right, left touch beside right/clap  
5-8 Left step forward, slide right to lock step behind left, left step forward, touch right beside left

## **$\frac{3}{4}$ RIGHT TURN- HIP SHAKES**

- 1-4 Right step  $\frac{1}{4}$  right, left step  $\frac{1}{2}$  right, right step  $\frac{1}{4}$  right, left step  $\frac{1}{4}$  right  
5-8 Shake hips left twice, shake hips right twice

## **STEP TOUCH, STEP TOUCH / ROCK FORWARD AND BACK**

- 1-4 Left step left, right touch together, right step right, left touch together  
5-8 Left rock forward, right step in place, left rock back, right step in place

## **FORWARD AND BACK SHOULDER SHAKES**

- 1&2&3-4 Left step forward while shaking shoulders left-right-left-right, touch right beside right, clap  
5&6&7-8 Right step back while shaking shoulders left-right-left-right, touch left beside right, clap

## **REPEAT**

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