

Shake Down, Rattle And Roll

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: Bill Bader (CAN)

Musique: The Shake - Neal McCoy



Throughout the dance, the hands may be positioned slightly forward at waist level (except, of course, when clapping). This will facilitate shoulder action.

DIAGONAL LEFT SHAKE FORWARD, SHAKE BACK, STEP, SLIDE, STEP, STOMP/CLAP

1-2 Step left along forward/left diagonal and take 2 counts to drop left shoulder forward

3-4 Take 2 counts to bring right shoulder back. Weight shifts onto right.

THE SHAKE: Do the normal leaning forward and back shown for counts 1-4, but count 1&2, 3&4 and bring the shoulders alternately forward as follows: 1&2) Left-Right-Left, 3&4) Right-Left-Right.

5 Step left along forward/left diagonal

6 Slide right forward and step beside left

7 Step left forward continuing along forward/left diagonal

8 Stomp right beside left (no weight) and clap

DIAGONAL RIGHT SHAKE FORWARD, SHAKE BACK, STEP, SLIDE, STEP, STOMP/CLAP

9-10 Step right along forward/right diagonal and take 2 counts to drop right shoulder forward

11-12 Take 2 counts to bring left shoulder back. Weight shifts onto left.

For 9-12 see THE SHAKE above, but use opposite shoulders (right-left-right, left-right-left)

13 Step right along forward/right diagonal

14 Slide left forward and step beside right

15 Step right forward continuing along forward/right diagonal

16 Stomp left beside right (no weight) and clap

3 ZIG-ZAGS BACK (BACK LEFT, STOMP/CLAP, BACK RIGHT, STOMP/CLAP, BACK LEFT WITH ¼ TURN, STOMP/CLAP); TOUCH FAR RIGHT, TOUCH TOGETHER

17 Step left diagonally back to left

18 Stomp right beside left with a light rebound and clap

19 Step right diagonally back to right

20 Stomp left beside right with a light rebound and clap

21 Step left diagonally back to left turning ¼ left (face 9:00)

22 Stomp right beside left with a light rebound and clap

23 Touch right toe slightly further than normal to right side

24 Touch right toe beside left

RIGHT HEEL TWICE, LEFT HEEL TWICE, BACK, TOGETHER, SHUFFLE FORWARD

25 Tap right heel down bouncing it up

26 Lower right heel

27 Tap left heel down bouncing it up

28 Lower left heel

29 Step right back

30 Step left back beside right

31&32 Shuffle forward: right-left-right (forward, slide together, forward)

REPEAT

THE SWIM: As in Neil McCoy's video of "The Shake", at 1-2, bring the left hand forward with a swimmer's crawl stroke. At counts 3-4 do the same with the right hand. At counts 9-10, swim with right hand first, then with left at 11-12.

THE ROLL: At counts 5-7 do a full turn to the left ROLL (along left diagonal) and at counts 13-15 do a full turn

to the right ROLL (along right diagonal).
