

# The Shake

Compte: 64

Mur: 2

Niveau: Improver

Chorégraphe: "Hillbilly" Rick (USA), Denise Reynolds & David Hoyn (AUS)

Musique: The Shake - Ronnie Beard



- 1-4 Step left out & forward a little & bump hips to left 4 times while pointing to left  
5-8 Bump hips to right 4 times while pointing to the right
- 1-4 Step back left toe/heel, step back right toe/heel  
5-8 Hop backwards 4 times on both feet  
**Option: step back left toe/heel, step back right toe/heel**
- 1-4 Big step sideways to left, while sliding right over to left make some funky chicken arms  
5-8 Big step to right, while sliding left over to right get down low & wiggle
- 1-4 Step right forward a little & bend over & shimmy shoulders - as you come back up  
5-6 Cross right over left & make a full turn to left on balls of your feet  
7-8 Open hands out
- 1-4 Facing forward but moving to right, step right toe heel, cross step left over right toe heel  
5&6 Right side shuffle right-left-right  
7-8 Rock step back on left, rock forward & step in place on to right
- 1-4 Facing forward but moving to left, step left toe heel, cross step right over left toe heel  
5&6 Left side shuffle left-right-left  
7-8 Rock step back on right, rock forward & step in place on left
- 1&2 Heel switches (right heel out, bring right back in, left heel out)  
&3-4& Bring left back in, step forward on right, make ¼ turn left  
5&6 Heel switches (right heel out, bring right back in, left heel out)  
&7-8& Bring left back in, step forward on right, make ¼ turn left
- 1-2 Step forward on right, hold  
&3-4 Slide left up next to right, slide step right forward, hold  
&5-6 Slide left up next to right, slide step right forward, hold  
&7& Slide left up next to right, slide step right forward  
&8& Slide left up next to right, slide step right forward

**REPEAT**

---