

The Shake!

Compte: 72

Mur: 4

Niveau: Improver

Chorégraphe: Lisa Johns-Grose (USA)

Musique: The Shake - Neal McCoy



TAP-TAP-RIGHT COASTER-TAP-TAP LEFT COASTER

- 1-2 Tap right heel forward 2x
- 3&4 Step right foot back, step left next to right, step right forward
- 5-6 Tap left heel forward 2x
- 7&8 Step left foot back, step right next to left, step left forward

SIDE-BEHIND-CHA-CHA-SIDE BEHIND-CHA-CHA

- 1-2 Step right to right, step left behind right
- 3&4 Right cha-cha-cha in place
- 5-6 Step left to left, step right behind left
- 7&8 Left cha-cha-cha in place

TOUCH-DOWN-TOUCH-DOWN-BUTTERFLIES-HEEL SPLITS

- 1-2 Touch right out to right side, step right down next to left
- 3-4 Touch left to left side, step left down next to right
- 5-6 Spread heels apart, close heels together
- 7-8 Split toes kick right forward, step right down $\frac{1}{4}$ turn right, step left next to right apart, close toes together

STOMP-CLAP-STOMP-CLAP-STOMP-CLAP-STOMP-CLAP

- 1-2 Stomp right foot forward, hold and clap
- 3-4 Stomp left foot forward, hold and clap
- 5-6 Stomp right foot forward, hold and clap
- 7-8 Stomp left foot forward, hold and clap

SIDE-BEHIND-SIDE-BEHIND-SIDE-STOMP-KICK 2 X

- 1-2 Step right to right, step left behind right
- 3-4 Step right to right, step left behind right
- 5-6 Step right to right, stomp left next to right
- 7-8 Kick left forward across right 2 times

SIDE-BEHIND-SIDE-BEHIND-SIDE-STOMP-KICK 2 X

- 1-2 Step left to left, step right behind left
- 3-4 Step left to left, step right behind left
- 5-6 Step left to left, stomp right beside left
- 7-8 Kick right forward across left 2 times

TOUCH $\frac{1}{4}$ RIGHT-KICK $\frac{1}{4}$ RIGHT-KICK $\frac{1}{4}$ RIGHT-STOMP-STOMP

- 1-2 Touch right toe behind left heel, pivot $\frac{1}{4}$ turn right (weight remains on left)
- 3&4 Kick right forward, step right down $\frac{1}{4}$ turn right, step left next to right
- 5&6 Kick right forward, step right down $\frac{1}{4}$ turn right, step left next to right
- 7-8 Stomp right in place, stomp left in place

OUT-CROSS-UNWIND-HOLD/CLAP-RIGHT HIPS 2 X-LEFT HIP 2 X

- &1-2 Step right out, step left out, cross right over left
- 3-4 Unwind $\frac{1}{2}$ turn left, hold/clap

5-6 Bump right hip twice

7-8 Bump left hip twice

For styling while doing hip bumps

5-6 (Women) touch right hand behind right ear, hold

(Men) put right hand on right rear pocket, hold

7-8 (Women) touch left hand behind left ear, hold

(Men) put left hand on left rear pocket, hold

HIPS RIGHT 2X-HIPS LEFT 2X-HIPS RIGHT-LEFT-RIGHT-LEFT

1-2 Bump right hip twice

3-4 Bump left hip twice

5-6 Bump hips right, left

7-8 Repeat 5-6

REPEAT
