

Shakedown

Compte: 40

Mur: 2

Niveau: Improver

Chorégraphe: Karen Hedges (USA)

Musique: The Shake - Neal McCoy



SHAKE IT TO THE LEFT, SHAKE IT TO THE RIGHT

- 1-2 Bump hips left, bump hips left
- 3-4 Bump hips right, bump hips right
- 5-6 Bump hips left, bump hips right
- 7-8 Bump hips left, bump hips right

ROCK STEPS, TRIPLE IN PLACE

- 9-10 Rock forward on left, rock back on right
- 11&12 Step in place left, right, left
- 13-14 Rock forward on right, rock back on left
- 15&16 Step in place right, left, right

LEFT SIDE STEPS/RIGHT TOE TOUCHES/RIGHT ½ TURN

- 17-18 Step to left, step right beside left
- 19-20 Step to left, touch right toe beside left instep
- 21-22 Touch right toe to right side touch right toe to instep of left foot
- 23-24 Step to right and pivot ½ turn right, step together with left

HIP BUMPS, STEP CLAPS

- 25-26 Bump hips right, bump hips left
- 27-28 Bump hips right, bump hips left
- 29&30 Step forward right, clap 2X
- 31-32 Step forward left, clap 1X

BACK STEP RIGHT WITH SHIMMY SHAKES

- 33-36 Step back on right and bring left foot to it as you shimmy shake back
- 37-38 Step to left, shimmy shake,
- 39-40 Bring left back beside right, shimmy shake

REPEAT
