

Swamp Shake

Compte: 32

Mur: 4

Niveau: Intermediate

Chorégraphe: Anita McNab (CAN)

Musique: Raised On Swamp Pop Music - Willie Tee



SIDE ROCK, RECOVER, BEHIND AND CROSS

- 1-2 Rock right to side, recover to left
3&4 Cross right behind left, step left to side, cross right over left

POINT LEFT FORWARD, POINT LEFT SIDE, SAILOR ¼ TURN TO LEFT

- 5-6 Point left forward, point left out to left side
7&8 Cross left behind right ¼ turn to left, step on right, step on left

ROCK, RECOVER, TRIPLE ¾ TURN TO RIGHT, BUMP HIPS LEFT, THEN RIGHT

- 9-10 Rock right forward, recover on left
11&12 Triple ¾ turn, (shuffle right, left, right ¾ turn turning right)
13&14 Bump hips left, right, left
15&16 Bump hips right, left, right

STEP SIDE LEFT, SLIDE RIGHT BESIDE LEFT, SHUFFLE ¼ TURN TO LEFT

- 17-18 Step left to side, slide right beside left
19&20 Shuffle ¼ turn to left, (left, right, left)

FULL TURN TO LEFT STEPPING RIGHT, LEFT, SHUFFLE FORWARD (RIGHT, LEFT, RIGHT)

- 21-22 Step right ¼ turn to left, step left ¾ turn to left (weight on left)
23&24 Shuffle forward right, left, right

LEFT ROCK STEP FORWARD, LEFT COASTER STEP BACK

- 25-26 Rock left forward, recover on right
27&28 Back left, step right together, forward left (coaster step)

RIGHT HIP BUMP WHILE MOVING FORWARD, LEFT HIP BUMP

- 29&30 Bump hips right, left, right
31&32 Bump hips left, right, left

REPEAT
