

# Swamp Shake

**Compte:** 32

**Mur:** 4

**Niveau:** Intermediate

**Chorégraphe:** Anita McNab (CAN)

**Musique:** Raised On Swamp Pop Music - Willie Tee



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## **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**

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