

# Shake Us Up (P)

**COPPER** **KNOB**  
BY STEPHEN

**Compte:** 32

**Mur:** 0

**Niveau:** Improver - Partner / Circle



**Chorégraphe:** Don Carleton (USA) & Dottie Censabella (USA) - March 2013

**Musique:** Shake It (feat. Big & Rich) - The Lacs

**Intro 32 counts**

**Position:** Open promenade, Ladies left hand in man's right

**Opposite footwork, Man's step listed**

## **4 TOE STRUTS MAKING ¼ TURN MODIFIED JAZZ BOX**

- 1,2 Touch right toe across left, drop right heel
- 3,4 Touch left toe back, drop left heel
- 5,6 Turn ¼ turn right to face partner touching right toe to right side, drop right heel
- 7,8 Touch left across right, drop left heel

## **SIDE, TOUCH, SIDE, BEHIND, SIDE, CROSS, STEP ¼ TURN, TOUCH**

- 1,2 Step right to right side, touch left next to right
- 3,4 Step left to left side, step right behind left
- 5,6 Step left to left side, cross right over left
- 7,8 Turn ¼ turn left stepping forward on left, touch right next to left (LOD, open promenade)

## **BUMP HIPS RIGHT TWICE, LEFT TWICE, ROLL HIPS TWICE**

- 1,2 Bump hips to right twice (weight to right)
- 3,4 Bump hips to left twice (weight to left)
- 5,6 Roll hips counter clockwise 1 full rotation (weight to left)
- 7,8 Roll hips counter clockwise 1 full rotation (weight to left)

## **RIGHT HEEL, LEFT HEEL, KICK RIGHT TWICE, BACK ROCK**

- 1,2 Touch right heel forward, step right next to left
- 3,4 Touch left heel forward, step left next to right
- 5,6 Kick right forward, kick right forward
- 7,8 Rock back on right, recover to left

**Smile and Begin Again**

**Contact:** [luv42step@aol.com](mailto:luv42step@aol.com)