

# 190 Proof X 2 (P)

**Compte:** 32

**Mur:** 0

**Niveau:** Beginner Partner

**Chorégraphe:** Jill Weiss (USA) & Kevin Fritch - March 2013

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



**Position:** Couples face forward LOD holding inside hands, man on inside, woman on outside  
**All steps are on opposite feet!**

## **OUTSIDE HEEL, INSIDE HEEL, OUTSIDE FOOT KICK TWICE, BACK ROCK**

- 1-2 Touch outside heel forward, step feet together
- 3-4 Touch inside heel forward, step feet together
- 5-6 Kick outside foot forward twice
- 7-8 Rock back on outside foot, recover to inside

## **STEP TOUCHES FACING TOWARD PARTNER, VINE WITH SCUFF AND ½ TURN**

- 1-2 W: Step right foot into LOD, turning to face partner, touch left foot together
- 3-4 W: Step left to side, touch right together
- 1-2 M: Step left foot into LOD, turning to face partner, touch right together
- 3-4 M: Step right to side, touch left together

**(Woman now facing inside LOD, man facing outside LOD, continue holding hands)**

- 5-8 Vine down LOD – step side, behind, side, scuff and turn ½ turn facing outside LOD

**(Partners now back to back, man facing into circle, woman facing outside)**

## **VINE WITH SCUFF AND ¼ TURN, HIP ROLLS**

- 1-4 Vine down LOD – step side, behind, side, scuff and turn ¼ facing down LOD in original position
- 5-8 Place weight on outside foot while rolling hips twice, ending with weight on inside foot

## **STEP SCUFFS, HIP ROLLS**

- 1-4 Step forward on outside foot, scuff inside foot, step forward on inside foot, scuff outside foot
- 5-8 Place weight on outside foot while rolling hips twice, ending with weight on inside foot

**REPEAT**

**Contact:** [jill@fatcityscreenprinting.com](mailto:jill@fatcityscreenprinting.com)