

# Shake It

拍数: 64                      墙数: 4                      级数: Intermediate  
编舞者: Barry Durand (USA)  
音乐: The Shake - Neal McCoy



Hits all accents of the song and requires a repeat phrase on 1st and 2nd chorus.  
Because of the feel of the song I gave you the option of using fast hip bumps on the chorus of the song and even through the rest of the song. During the 1st and 2nd verse - the song is kind of mellow so I gave you the easier hip bumps to use there.

## SHAKE IT LEFT, SHAKE IT RIGHT

1-4                      Hip bump left, center, left, hold  
5-8                      Hip bump right, center, right, hold  
During chorus use 3 quick hip bumps left, left, left, hold and the same on right.

## STEP, KNEE, HOP, HOP, PUSH TURN SPIN

9                      Step forward left  
10                     Step right behind left bringing left knee up  
11                     Scoot forward on right with left knee up  
12                     Scoot forward on right with left knee up  
13                     Step down on left  
14                     Push turn (military turn) to right stepping on right turning about ¼ turn right leading into a...  
15-16                 Skaters turn (¾ turn) to right with weight on right foot drawing a circle with the left foot. End up facing front. Skaters turn is a one foot spin.

## SHIMMY, SHAKE LOW

17-20                 Take left foot forward with some weight in a press and shimmy forward and back starting with right shoulder  
21-24                 Step side left in 2nd position as you do hip sway (rock) left, right, left, right (lower in sway)

## SIDE SHUFFLE, ROCK STEP

25&26                Start left foot with side shuffle or chasse (left-right-left) side, together, side  
27-28                Rock step right, left  
29&30                Start right foot with side shuffle or chasse (right-left-right) side, together, side  
31-32                Rock step left, right

## KICK, CROSS, TURN, STOMP

33                    Kick left to side  
34                    Cross in front of right  
35                    ½ twist turn to right  
36                    Hop forward both feet stomp  
37                    Kick left to side  
38                    Cross in front of right  
39                    ½ twist turn to right  
40                    Hop forward both feet stomp

## MODIFIED RUNNING MAN, OUT, IN, OUT, TURN, OUT, IN, OUT, TOGETHER

41                    On a diagonal to the right shoot right foot forward and left foot backward simultaneously splitting weight with feet apart in line (4th position or extended 3rd position)  
42                    Bring feet together  
43                    On a diagonal to the right shoot right foot forward and left foot backward simultaneously splitting weight with feet apart in line (4th position or extended 3rd position)

- 44 Bring feet together and turn to diagonal left  
45 On a diagonal to the right shoot right foot forward and left foot backward simultaneously splitting weight with feet apart in line (4th position or extended 3rd position)  
46 Bring feet together  
47 On a diagonal to the right shoot right foot forward and left foot backward simultaneously splitting weight with feet apart in line (4th position or extended 3rd position)  
48 Bring feet together and stay facing left diagonal when done. Can do actual running man also

### **SIDE TOGETHER, SEXY**

- 49 Step side left  
50 Step together right  
51 Step side left  
52 Step together right  
53 Step side left  
54 Step together right  
55 Step side left  
56 Step together right

**Best to do this with a rolling hip movement sort of sexy**

### **SHIMMY & CLAP**

- 57-58 Step wide step to right in 2nd position and shimmy fast  
59-60 Bring feet together and clap twice  
61-62 Step wide step to left in 2nd position and shimmy fast  
53-64 Bring feet together and turn ¼ turn to left and clap twice

### **REPEAT**

During 1st verse use easy hip movement and do hip sway with out lowering too much. Also do easy shimmy. During chorus on "Shake it to the Left, Shake it to the Right" - use fast hip bumps. Also use a "funky" shimmy and 'low' hip sway. Use side body rolls on side shimmy during steps 57 - 64 as an option during chorus and add an extra side shimmy and claps on 1st and 2nd chorus only. This is important to maintain phrasing for the song. When teaching this, just tell them that during the chorus part (Shake it to the Left, Shake it to the Right) simply repeat the side shimmy and clap a 2nd time. You will also make the direction change so there will be 2 direction changes during the chorus. At the end of the song, during the part calling out the cities, I like to add excitement by adding a clap on count 4 & 8 of running man. also add a clap on 2,4,6,8, during side step hip rolls. At the end of the next full cycle of the dance add an extra set of side step hip rolls and shimmy claps before finishing last time through dance. This is not really necessary but it phrases better. This may seem like a lot but it really isn't. I have taught this dance about 40 times and it is easy enough even for beginners. Intermediate Advanced dancers pick it up in a snap. You will have to call out the phrase changes and extra patterns for the first few times and then they will get it. Enjoy.

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