

# Shake It

拍数: 68      墙数: 2      级数: Intermediate  
编舞者: Tina Argyle (UK)  
音乐: Shakin' All Over - Plain Loco



## 2 X WALK FORWARD, RIGHT THEN LEFT, RIGHT SHUFFLE FORWARD, ROCK FORWARD, ONTO LEFT, RECOVER, STEP BACK LEFT, HOLD, DOUBLE CLAP

1-2            Step forward, onto right, step forward, onto left  
3&4           Step forward, right, close left beside right, step forward, right  
5-6           Rock forward, onto left, recover weight back onto right  
7&8           Step back left, hold as you clap & 8

## TOUCH RIGHT TOE BACK, ½ TURN RIGHT ONTO RIGHT, LEFT CHASSE, ROCK BACK RIGHT, RECOVER, KICK BALL CROSS

9-10           Touch right toe back, ½ turn over right shoulder putting weight forward, onto right  
11&12        Step left to left side, close right at side of left, step left to left side  
13-14        Rock back onto right, recover weight forward, onto left  
15&16        Kick right forward, step right next to left, cross left over right

## SIDE STRUT, ½ TURN STRUT, CROSS STRUT, SIDE STRUT

17-18        Touch right toe to right side, drop right heel to floor, taking weight  
19-20        ½ turn left, touch left toe to left side, drop left heel to floor, taking weight  
21-22        Touch right toe over left, drop right heel to floor, taking weight  
23-24        Touch left toe to left side, drop left heel to floor, taking weight

## ROCK BACK RIGHT, RECOVER, RIGHT CHASSE, CROSS ROCK LEFT, RECOVER, LEFT CHASSE

25-26        Rock back onto right, recover weight forward, onto left  
27&28        Step right to right side, close left at side of right, step right to right side  
29-30        Cross rock left over right, recover weight back onto right  
31&32        Step left to left side, close right at side of left, step left to left side

## CROSS HOLD, UNWIND HOLD

33-34        Cross right over left, hold  
35-36        ½ unwind turning left finishing with weight on left, hold

## RIGHT SHIMMY, ROCK BACK LEFT, RECOVER, LEFT SHIMMY, ROCK BACK RIGHT, RECOVER

37-38        Take long step right to right side, sliding left towards right, shimmying shoulders  
39-40        Rock back left, recover weight onto right  
41-42        Take long step left to left side, sliding right towards left, shimmying shoulders  
43-44        Rock back onto right, recover weight forward, onto left

## TOE TOUCHES TRAVELING FORWARD, (PIGEON TOES)

45-46        Touch right toe forward, turning knee towards left, step forward, onto right  
47-48        Touch left toe forward, turning knee in towards right, step forward, onto left  
49-52        Repeat steps 45-48

## RIGHT ROCK FORWARD, RECOVER, ½ SHUFFLE TURN RIGHT, ROCK FORWARD, LEFT, RECOVER, ½ SHUFFLE TURN LEFT

53-54        Rock forward, onto right, recover weight back onto left  
55&56        ½ turn right stepping forward, right, close left at side of right, step forward, right  
57-58        Rock forward, onto left, recover weight back onto right  
59&60        ½ turn left stepping forward, left, close right at side of left, step forward, left

## **STOMP FORWARD, SHIMMY ½ TURN**

61-68 Stomp right forward, over last 7 counts ½ turn left shimmying shoulders, transferring weight from right to left

## **REPEAT**

## **RESTART**

On wall 2 dance 1-16, then start dance again from beginning

On wall 4 dance 1-36, then start dance again from beginning

On wall 5 dance 1-8, then start from count 37 with the shimmy

On wall 6 onwards dance steps 1-36 only to the end of the track

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