

# Shake Ya Body

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Dee Musk (UK)  
音乐: Are You Ready - Shakaya



## RIGHT TOUCH BALL HEEL, TOGETHER, RIGHT LOCK STEP FORWARD, LEFT & RIGHT TOE SWITCHES, TOGETHER, HEEL, TOE, LEFT HIP PUSH FORWARD

- 1&2      Touch right beside left, step right slightly back, touch left heel forward  
&3&4      Step left beside right, step forward on right, cross left behind right, step forward on right  
5&6      Point left toe to left side, step left beside right, point right toe to right side  
&7&8      Step right beside left, touch left heel forward, left toe tap forward, step forward on left and push left hip forward (12:00)

## ½ TURN RIGHT, ¼ TURN RIGHT WITH LEFT HITCH, LEFT CROSS ¼ TURN LEFT ¼ TURN LEFT, RIGHT & LEFT TOE TOUCHES, TOGETHER, RIGHT CROSS BACK BACK

- 1-2      Moving back, make a ½ turn right stepping weight forward on right. On ball of right make a ¼ turn right and hitch left knee in beside right  
3&4      Cross left over right, make a ¼ turn left stepping back on right, make a ¼ turn left stepping left to left side  
5&6&      Touch right toe beside left, step down on right, touch left toe beside right, step down on left  
7&8      Cross right over left, step slightly back on left, step slightly back on right (weight on right) (3:00)

## WALK LEFT, WALK RIGHT, LEFT FORWARD MAMBO, ½ TURN RIGHT, ½ TURN RIGHT, HIPS RIGHT, LEFT, RIGHT

- 1-2      Walk forward left, walk forward right  
3&4      Rock forward on left, recover weight to right, step back on left  
5-6      Moving back, make a ½ turn right stepping forward on right, make a ½ turn right stepping back on left  
7&8      Step right foot back as you bump hips right, left right (weight back on right) (3)

## TOGETHER, WALK RIGHT, WALK LEFT, OUT OUT IN CROSS, RIGHT POINT ½ MONTEREY TURN RIGHT, SHOULDER POPS RIGHT, LEFT, RIGHT WITH HIPS LEFT, RIGHT, LEFT

- &1-2      Step left beside right, walk forward right, walk forward left  
&3&4      Step right out to right side, step left out to left side, step right in, cross left over right  
5-6      Point right toe to right side, make a ½ turn right stepping right beside left  
7&8      Lift right shoulder and bump left hip, lift left shoulder and bump right hip, lift right shoulder and bump left hip (9:00)

## REPEAT

Danced at end of walls, 1, 3, and 5

## ½ PIVOT TURN LEFT WITH RIGHT SHUFFLE, ½ PIVOT TURN RIGHT WITH LEFT SHUFFLE

- 1-2      Step forward on right, make a ½ turn left (weight now forward on left)  
3&4      Shuffle forward right, left, right  
5-6      Step forward on left, make a ½ turn right (weight now forward on right)  
7&8      Shuffle forward left, right, left

## OPTIONAL ENDING

To face the front wall, you will start wall 7 facing (6:00). Dance to section 4, count 5 (point right toe to right side), then on count 6, instead of ½ Monterey turn right, replace with, ¼ Monterey turn right to face the front and finish the dance with the shoulder and hip pops, counts 7&8