

# The Shake

**COPPER KNOB**  
STEPPERS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Gail Smith (USA)  
音乐: The Shake - Neal McCoy



When done to "The Shake", you will repeat steps 1-8 on completion of the 4th, 8th & 12th times through the pattern.

## SHIMMY SHAKES LEFT, SHIMMY SHAKES RIGHT

- 1-2      Left step to side as you shimmy and shake shoulders (or anything else you like)
- 3-4      Right step next to left foot, hold position & clap
- 5-6      Right step to side as you shimmy and shake shoulders (or anything else you like)
- 7-8      Left step next to right foot, hold position & clap

## KICK-BALL-CHANGE, STEP, PIVOT 1 / 2, KICK-BALL-CHANGE, STOMP, STOMP

- 9&10      Right kick forward, on ball of foot-right step next to left foot, left step in place
- 11-12      Right toe step forward, pivot 1 / 2 turn to the left
- 13&14      Right kick forward, on ball of foot-right step next to left foot, left step in place
- 15-16      Right stomp in place, left stomp in place

## FORWARD SHUFFLES WITH SHIMMY SHAKES (WITH FINGER SNAPS ON 18 AND 20), WIGGLE DOWN, WIGGLE UP

- 17&18      Shuffle forward right, left, right at the same time shimmy and shake shoulders (or anything else you like)
- 19&20      Shuffle forward left, right, left at the same time shimmy and shake shoulders (or anything else you like)
- &21&22      Right step next to left foot and bend your knees as you wiggle down
- &23&24      Straighten your legs as you wiggle up

## SIDE TOUCHES AND KNEE LIFTS WITH ¼ TURNS (TOTAL OF ¾)

- 25-26      On ball of left foot-pivot ¼ turn left and right toe touch out to side, bring right knee up and crossed in front of left leg
- 27-28      On ball of left foot-pivot ¼ turn left and right toe touch out to side, bring right knee up and crossed in front of left leg
- 29-30      On ball of left foot-pivot ¼ turn left and right toe touch out to side, bring right knee up and crossed in front of left leg
- 31-32      Right step next to left foot, hold position (weight on right foot)

## REPEAT