

# The Shake

拍数: 64      墙数: 4      级数: Improver  
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音乐: The Shake - Neal McCoy



## SIDE SHUFFLE LEFT, CROSS-STEP & SHIMMY, SIDE-SHUFFLE RIGHT, CROSS-STEP & SHIMMY

- 1&2      Step left to left, step right together with left, step left to left  
3&4      Step forward on right at 45 degrees across left while shimmying shoulders forward, back, forward  
5&6      Step right to right, step left together with right  
7&8      Step right to right, step forward on left at 45 degrees across right while shimmying shoulders forward, back, forward

## TOE HEEL-STEPS BACKWARDS WITH "COME ON" HANDS

(With both hands out in front beckon towards yourself with fingers on each beat)

- 9-10      Touch left toe back at 45 degrees, step down on left foot  
11-12      Touch right toe back at 45 degrees, step down on right foot  
13-16      Touch left toe back at 45 degrees, step down on left foot, step right next to left, hold (weight on left)

## STEP RIGHT SIDE & SHIMMY, STEP LEFT SIDE & SHIMMY, FORWARD RIGHT & SHIMMY, BACK LEFT & SHIMMY

- 17-20      While shimmying shoulders: step right to right side, hold, step left together right, hold  
21-24      While shimmying shoulders: step left to left side, hold, step right together left, hold  
25-28      While shimmying shoulders: step forward on right, hold, step left together right, hold  
29-32      While shimmying shoulders: step back on left, hold, step right together left, hold

## SHUFFLE FORWARD, SHUFFLE TURN, WALK BACK AND KICK-REPEAT

- 33&34      Step forward on right, step left together & slightly behind right, step forward on right  
35&36      Step forward on left turning ½ turn right

## STEP BACK ON RIGHT TOGETHER AND SLIGHTLY IN FRONT OF LEFT, STEP BACK ON LEFT

- 37-40      Step back on right, step back on left, step back on right, kick left forward  
41&42      Step forward on left, step right together & slightly behind left, step forward on left  
43&44      Step forward on right turning ½ turn left

## STEP BACK ON LEFT TOGETHER AND SLIGHTLY IN FRONT OF RIGHT, STEP BACK ON RIGHT

- 45-48      Step back on left, step back on right, step back on left, kick right forward

## ONE & QUARTER ROLLING VINE RIGHT, MONTEREY TURNS, SIDE TAPS

- 49-52      While traveling to right turn 1-¼ turns to the right, stepping right-left-right-left (finish weight left)  
53-56      Point right to right side, step right together with left as you turn ½ turn right point left to left side, step left together with right  
57-60      Point right to right side, step right together with left as you turn ½ turn right point left to left side, touch left together with right (weight finish right)  
61-64      Step left to left side, touch right together left, step right to right side, touch left together right

## REPEAT

On walls 2 and 4, add the following tag after count 64

- 65-66      Step forward on left at 45 degrees, touch right next to left and clap  
67-68      Step back on right at 45 degrees, touch left next to right and clap

69-70 Step back on left at 45 degrees, touch right next to left and clap  
71-72 Step forward on right at 45 degrees, touch left next to right and clap  
**Dance ends shuffle left & shimmy, then shuffle right with  $\frac{1}{4}$  turn right and shimmy**

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