

# U Shake It

拍数: 0                      墙数: 1                      级数: Improver east coast swing  
编舞者: Judy Cain (USA)  
音乐: The Shake - Neal McCoy



Sequence: AA BB CC D, AA BB CC D, AA BB CC D BBBB

## PART A

### VINE LEFT & RIGHT

1-4                      Step left to left, right behind, left to left, scuff right forward  
5-8                      Step right to right, left behind, right to right, scuff left forward

### STEP SCUFF FORWARD

9-12                     Step left forward & scuff right, step right forward & scuff left  
13-16                    Step left forward & scuff right, step right forward & scuff left

### HEEL SWITCHES TRAVELING BACKWARDS

17&18&                 Step back on left, tap right heel forward, step back on right, tap left heel forward  
19&20                    Step back on left. Tap right heel forward, clap on count 4  
21&22                    Step back on right, tap left heel forward, step back on left, tap right heel forward  
23&24                    Step back on right, tap left heel forward, clap on count 4

### HIP ROLLS

25-32                    Step left forward and roll hips forward and down, back and up repeat three more times

## PART B

### SHAKE

Have fun & be creative here

1-2                      Step left to left, shimmy shoulders or shake hips for 2 counts  
3-4                      Right touch beside left, clap  
5-6                      Step right to right, shimmy shoulders or shake hips for 2 counts  
7-8                      Left touch beside right, clap

### STEP TAPS/FULL RIGHT TURN

9-10                     Step left forward & touch right next to left  
11-12                    Step right back making a right ½ turn, touch left next to right  
13-14                    Step left forward & touch right next to left  
15-16                    Step right back making a ½ right turn, touch left next to right

## PART C

### FORWARD ANGLE WALKS/BACKWARD STEP TAPS

1-4                      Left forward (angle toward left corner), right beside left, left forward, touch right beside left  
5-8                      Right back, touch left next to left, left back, touch right next to left  
9-12                     Right forward (angle toward right corner), left beside, right forward, touch left beside right  
13-16                    Left back, touch right next to left, right back, touch left next to right

## PART D

### HEEL SPLITS, HEEL STEP

1-4                      Split heels apart & close together, tap left heel forward and step beside right  
5-8                      Split heels apart & close together. Tap right heel forward and step beside left