

# The Shake

拍數: 32      牆數: 2      級數: Easy Improver  
編舞者: Marie Sørensen (TUR) & Sally Hung (TW) - September 2015  
音樂: The Shake - Neal McCoy : (Album: Mr. Music 9-99)



Intro: 16 Counts

## S1. ROCKIN CHAIR, STEP ½ TURN, STEP, HOLD

1-2      Rock fwd. on right, recover  
3-4      Back rock right, recover  
5-6      Step fwd. on right, ½ turn left  
7-8      Step fwd. on right, hold (06:00)

## S2. 1/4 TURN LEFT, TOUCH, 1/4 TURN RIGHT, TOGETHER, 1/4 TURN RIGHT, TOUCH, 1/4 TURN LEFT, TOUCH

1-2      1/4 turn left, step left to the left side, touch right beside left (03:00)  
3-4      1/4 turn right, step right to the right side, step left next to right (Weight on left) (06:00)  
5-6      1/4 turn right, step right to the right side, touch left beside right (09:00)  
7-8      1/4 turn left, step left to the left side, touch right beside left (Weight on right) (06:00)

## S3. OUT, OUT, IN, IN, STEP RIGHT WITH HIP BUMP RIGHT X2, STEP LEFT WITH HIP BUMP LEFT X2

1-2      Jump out forward right, jump out forward left (feet shoulder with apart)  
3-4      Jump in back right, jump in back left (feet together)  
5-6      Step right to the right and bump hip to the right x2  
7-8      Step left to the left and bump hip to the left x2 (06:00)

## S4. HEEL TOE SWIVEL (X3), HITCH, HEEL TOE SWIVEL (X3), HITCH

1-2      Swivel heels right, swivel toes right  
3-4      Swivel heels right, hitch left  
5-6      Swivel heels left, swivel toes left  
7-8      Swivel heels left, hitch right (06:00)

**TAGS:-**

After wall 4 - 8 counts tag - Facing - 12:00

After wall 8 - 8 counts tag - Facing - 12:00

Both Tags are the same

## JAZZ BOX CROSS TWICE

1-2      Cross right over left, step back on left  
3-4      Step right next to left, cross left over right  
5-6      Cross right over left, step back on left  
7-8      Step right next to left, cross left over right

Have Fun!

Contacts: [www.sunshine-cowgirl-linedance.dk](http://www.sunshine-cowgirl-linedance.dk) - Marie: [sunshinecowgirl1960@gmail.com](mailto:sunshinecowgirl1960@gmail.com)  
Sally: [hung1125@gmail.com](mailto:hung1125@gmail.com)