

# The Shake

拍數: 32      牆數: 4      級數: High Beginner  
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音樂: The Shake - Neal McCoy



## S1: Shimmy Shakes Left Clap and Shimmy Shakes Right Clap

- 1-2            (1) Step left to left side as you begin shaking shoulders. (2) Continue shaking as you shift your center of gravity to your left side.
- 3-4            (3) Place right next to left keeping weight on left (4) Clap
- 5-6            (5) Step right to right side as you begin shaking shoulders. (6) Continue shaking as you shift your center of gravity to your right side.
- 7-8            (7) Step left next to right placing weight on left (8) Clap

## S2: Monterey Turns

- 9-10           (9) Tap right toe out to right side (10) Replace right foot next to left as you pivot ½ turn right
- 11-12          (11) Point left toe to left side (12) Replace left foot next to right
- 13-14          (13) Tap right toe out to right side (14) Replace right foot next to left as you pivot ½ turn right
- 15-16          (15) Point left toe to left side (16) Step left foot next to right (weight left)

**Note: You may omit the Monterey Turns with just right and left toe points**

## S3: Bump Hips Right Twice, Bump Hips Left Twice, Bump Hips Right And Left Twice

- 17-18          (17) Rock right in place and bump hips right (18) Bump hips right
- 19-20          (19) Recover to left and bump hips left (20) bump hips left
- 21-24          (21) Bump hips right (22) Bump hips left (23) Bump hips right (24) Bump hips left (weight to left)

## S4: Grapevine Right, Grapevine Left with A 1 / 4 Turn Left

- 25-26          (25) Step Right to Right Side (26) Cross left behind Right.
- 27-28          (27) Step Right to Right Side (28) Tap Left next to right
- 29-30          (29) Step left to left side (30) Cross right behind left
- 31-32          (31) Step left to left side while making a 1 / 4 turn left (32) Step right next to left (weight right)

**\*8 count Tag just before you begin wall 5 and 9. Instead of keeping weight on right foot for count (32) Tap right next to left keeping your weight on left foot.**

## Tag: Point Right, Point Left, Kick, Kick, Coaster Step

- 1-2            (1) Point right toe to right side (2) Step right next to left
- 3-4            (3) Point left toe to left side (4) Step left next to right
- 5-6            (5) Kick right foot forward (6) While right foot is still up kick right foot forward again
- 7&8           (7) Step back on right foot (&) Step left next to right (8) Step right foot forward

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