

# Shake Me

拍數: 48      牆數: 4      級數: Improver  
編舞者: Helen Owen (UK) - January 2018  
音樂: You Still Shake Me - Deana Carter



Start on 16 counts

## S1 [1-8] WALK RIGHT, LEFT, RIGHT, KICK, WALK BACK LEFT, RIGHT, LEFT COASTER STEP

1-2            walk forward right (1) walk forward left (2)  
3-4            walk forward right (3) kick left foot forward (4)  
5-6            walk back left (5) walk back right (6)  
7&8            step back left (7) step right next to left (&) step forward left (8)

## S2 [9-16] GRAPEVINE RIGHT, BRUSH, GRAPEVINE LEFT, ¼ LEFT, BRUSH

1-2            step right to right side (1) cross left behind right (2)  
3-4            step right to right side (3) brush left foot forward (4)  
5-6            step left to left side (5) cross right behind left (6)  
7-8            make ¼ turn left stepping forward left (7) brush right foot forward (8)

## S3 [17-24] SHIMMY RIGHT, SHIMMY LEFT

1-2            step wide right to right side [shimmy shoulders] (1-2)  
3-4            step left to right foot (3-4)  
5-6            step wide left to left side [shimmy shoulders] (5-6)  
7-8            step right to left foot (7-8)

## S4 [25-32] ROLLING VINE RIGHT, ROLLING VINE LEFT

1-2            turn ¼ right and step forward on right (1) turn ¼ right and step left to left side (2)  
3-4            turn ½ right and step right to right side (3) touch left next to right (4)  
5-6            turn ¼ left and step forward on right (5) turn ¼ left and step right to right side (6)  
7-8            turn ½ left and step left to left side (7) touch right next to left (8)

## S5 [33-40] 2x RIGHT KICK BALL CHANGE, 2x ¼ LEFT PADDLES

1&2            kick right foot forward (1) step right in place (&) step left in place (2)  
3&4            kick right foot forward (3) step right in place (&) step left in place (4)  
5-6            step right forward (5) pivot ¼ turn left {face 7 o'clock} (6)  
7-8            step right forward (7) pivot ¼ turn left {face 5 o'clock} (8)

## S6 [41-48] 1x ¼ LEFT PADDLE, RIGHT JAZZ BOX, OUT-OUT, IN-IN

1-2            step right forward (1) pivot ¼ turn left {face 3 o'clock} (2)  
3-4            cross right over left (3) step back on left (4)  
5-6            step right to right side (5) step left forward (6)  
&7&8            step right foot out (&) step left foot out (7) step right foot in place (&) step left foot in place (8)

End of walls 3 and 5, there is a 4-count Tag.

TAG: 4 SWAYS - R, L, R, L

1-2            sway hips to the right (1) sway hips to the left (2)  
3-4            sway hips to the right (3) sway hips to the left (4)

Enjoy! xx

Email: [helen@heels-and-toes.co.uk](mailto:helen@heels-and-toes.co.uk)

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