

# Disco Shake

拍數: 32      牆數: 2      級數: Beginner  
編舞者: Michelle Wright (USA) - October 2023  
音樂: Shake Your Groove Thing - Peaches & Herb  
或: Shake Your Body (Down to the Ground) (7" Version) - The Jacksons  
或: Hot Stuff - Donna Summer  
或: Better Place - NSYNC & Justin Timberlake



Depending on the song, dance may start at different times. Most start on the lyrics except for shake your groove thing which starts 32 counts in. Feel free to use the Tag listed if needed as any for any song you may choose to use!\*To make a 1 wall dance change  $\frac{1}{4}$  pivots at the end of the dance to  $\frac{1}{2}$  pivots or a rocking chair. -1 wall could become contra having lines facing each other and will allow to bump hips with a partner.\*

Alt music: Stayin alive by Lizzo, Houdini by Dua lipa, Lil boo thang by Paul Russell

## Section 1: R&L double Hip bump, R&L hip bumps

1,2      Step R to R side and bump hip R x2  
3,4      Recover weight on L and Bump hip L x2  
5,6      Bump hip R, Bump hip L  
7,8      Bump hip R, Bump hip L

## Section 2: R grapevine w/ clap, L rolling grapevine w/ clap

1,2      Step R to R side, Step L behind R  
3,4      Step R to R side, Point L to L side and Clap  
5,6       $\frac{1}{4}$  turn L stepping L forward,  $\frac{1}{2}$  turn L stepping R back  
7,8       $\frac{1}{4}$  turn L stepping L to L side, Touch R next to L and clap

(Easier option; Grapevines R&L)

## Section 3: Back Diagonal step touches w/claps, Syncopated back touches

1,2      Step R back to R diagonal, Touch L next to R and clap  
3,4      Step L back to L diagonal, Touch R next to L and clap  
&5&6      Hop back R, Touch L next to R, Hop back L, Touch R next to L  
&7&8      Hop back R, Touch L next to R, Hop back L, Touch R next to L

(easier option: 4 back touches with claps)

## Section 4: Hop forward, Hop back, $\frac{1}{4}$ pivots x2

&1&2      Hop forward R,L, Shake hips  
&3&4      Hop back R,L, Shake hips  
(Easier option: V-step)  
5,6      Step R forward,  $\frac{1}{4}$  pivot L putting weight on L  
7,8      Step R forward,  $\frac{1}{4}$  pivot L putting weight on L

(No turn option: R Rocking chair or 1/2 pivots x 2)

Tag for Shake your groove thing (or any song that needs a tag): End of wall 2:

## Double Hip bumps R&L

1,2      Step R to R side and Bump hip R x2  
3,4      Recover weight on L and Bump hip L x2

End of dance! Any questions email [Michellelinedance@gmail.com](mailto:Michellelinedance@gmail.com)

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